

## Gallaher Suggested Home Academic Schedule for Successful Remote Learning

Time Frame	Activity	Details
Morning	Wake Up	Get up, Eat a healthy breakfast, Prepare for a great day!
60 Minutes	<b>CSD Remote Learning: Physical Education and other physical activities with your family</b>	Participate in P.E. activity and then take a family walk around the neighborhood. If it's raining, find an indoor space for stretching, crunches, pushups, etc. If available, try free exercise videos on YouTube or other streaming providers.
30 - 60 minutes	<b>CSD Remote Learning: Core Instruction – Block 1</b> ** ALL Gallaher teachers will have an instructional video posted by 10 AM	K - 2: (30 Minutes) Instructional Block 1 - ELA/Math/SS/Sci. as indicated by your teacher. Grade 3 - 5: (45 Minutes) Instructional Block 1 - ELA/Math/SS/Sci. as indicated by your teacher. <b>*Learning opportunities for SWD and Special Programming e.g. EL and AAP will also be available.</b>
30 Minutes	<b>CSD Remote Learning: Virtual Office Hours with your teachers</b>	Your teachers will share their “virtual office hours” with you and your family. This is usually 2 half-hour blocks, or perhaps a single one-hour block during the day. During this time, you can contact your teacher to ask questions or say hello.
30 Minutes	<b>CSD Remote Learning: Specials</b>	Participate in art, music, or library/tech.
Midday (60 minutes)	Lunch Time	NO ELECTRONICS
	Chores	Clean up from lunch, organize your room, help with laundry, clean countertops, door knobs, etc.
30 - 60 minutes	Quiet Activity	Take some time to read quietly, write in a journal, work on a puzzle, or take a nap. You could play with Legos, color, draw, or work on a craft..
30 Minutes	<b>CSD Remote Learning: Specials</b>	Participate in art, music, library/tech, or other elective.
60 Minutes	<b>CSD Remote Learning: Core Instruction – Block 2</b> ** ALL Gallaher teachers will have an instructional video posted by 2 PM	K - 2: (30 Minutes) Instructional Block 2 - ELA/Math/SS/Sci. as indicated by your teacher. Grade 3 - 5: (45 Minutes) Instructional Block 2 - ELA/Math/SS/Sci. as indicated by your teacher. <b>*Learning opportunities for SWD and Special Programming e.g. EL and AAP will also be available.</b>
30 Minutes	<b>CSD Remote Learning: Virtual Office Hours with your teachers</b>	Your teachers will share their “virtual office hours” with you and your family. This is usually 2 half-hour blocks, or perhaps a single one-hour block during the day. During this time, you can contact your teacher to ask questions or say hello.
60 Minutes	Physical Activity/Play	Ride a bike, take a walk, play outside, do yard work, or walk the dog.
60 - 90 Minutes	Dinner	Help your family prepare and clean up from dinner.
60 - 90 Minutes	Free Time	TV, play, reading, games, etc.
Evening	Prepare for Bed	Family determines bedtime.