

# Student Sample Daily Schedule with

## Online Resources K-8, 2020-21

### TK, Kindergarten, 1st grade and 2nd grade

Time	Activity
	Breakfast/Get ready
Math (30 min)	<p><b>Kinder-2nd:</b> Math</p> <p><b>And free resources for students:</b>  <b>Khan Academy Kids:</b> <a href="https://learn.khanacademy.org/khan-academy-kids/">https://learn.khanacademy.org/khan-academy-kids/</a>  <b>Khan Academy</b> - <a href="https://www.khanacademy.org/">https://www.khanacademy.org/</a>  <a href="#">Khan Academy Kids</a> (ideally doing it while sitting next to a parent or older sibling giving them positive feedback for effort). Khan Academy kids starts at the basics of letters, numbers, and social emotional learning and goes through the first grade standards in math, reading, writing and social emotional learning.</p> <p>For students with stronger literacy and motor skills:            Khan Academy <a href="#">Kindergarten</a>, <a href="#">1st grade</a> and <a href="#">2nd grade</a> math can be appropriate. Ideally a parent or older sibling sits next to them while doing this. One practice that <a href="#">we've seen teachers use to great effect</a> is to have <b>all</b> students start on <a href="#">Kindergarten</a> and then move to <a href="#">1st grade</a>, <a href="#">2nd grade</a>, etc. This helps ensure that older students are filling in any knowledge gaps that may have accumulated. It also helps build momentum and confidence.</p> <p>Course challenges and unit tests can be used to accelerate through material. For students with minimal gaps, they should be able to get through a previous year's content in 1-3 hours.</p>
PE (30 min)	<p>Play. Ideally outside if weather permits or visit <a href="https://www.gonoodle.com/">GoNoodle</a> - <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a>            Or try some <a href="#">Cosmic Kids Yoga</a>  <a href="https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ">https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ</a></p>
Reading (30 min)	<p><b>Reading time.</b> Ideally this would be time to read next to a parent or sibling. If students are ready, they can read on their own.</p> <p>Visit <a href="https://www.starfall.com/h/">StarFall</a> - <a href="https://www.starfall.com/h/">https://www.starfall.com/h/</a> for Reading and math activities.</p> <p>If you want to listen to a great story, visit <a href="https://www.storylineonline.net/">Storyline Online</a> <a href="https://www.storylineonline.net/">https://www.storylineonline.net/</a></p> <p>Suggested books (by reading level):            There are 100+ books that students can read or have read to them on <a href="#">Khan Academy Kids</a> - <a href="https://learn.khanacademy.org/khan-academy-kids/">https://learn.khanacademy.org/khan-academy-kids/</a></p>

	<p>The list is also a great resource <a href="http://www.ala.org/alsc/sites/ala.org.alsc/files/content/compubs/booklists/summer/alsc-2019-summer-reading-list-gradesk-2.pdf">ALSC summer reading</a> - <a href="http://www.ala.org/alsc/sites/ala.org.alsc/files/content/compubs/booklists/summer/alsc-2019-summer-reading-list-gradesk-2.pdf">http://www.ala.org/alsc/sites/ala.org.alsc/files/content/compubs/booklists/summer/alsc-2019-summer-reading-list-gradesk-2.pdf</a></p>
Break (30 min)	Break. Ideally run around and play outside. Have a snack.
Writing (30 min)	<p><b>Writing practice</b>  Journaling/writing.  Things to write about/prompts:  Write in a journal every day.  Set aside time daily for writing.</p> <ul style="list-style-type: none"> <li>● Ask students to write about their day.</li> <li>● Ask students to write about books they are reading.</li> <li>● Have students observe a plant or tree (or other object) closely and write about your observations.</li> <li>● Encourage your child to write everyday items: <ul style="list-style-type: none"> <li>○ Grocery lists</li> <li>○ Things to do today</li> <li>○ Letter to ____</li> </ul> </li> </ul>
PE	<ul style="list-style-type: none"> <li>● <a href="http://noodleloafshow.com/">Noodle Loaf</a> <a href="http://noodleloafshow.com/">http://noodleloafshow.com/</a> to learn about music!</li> </ul>
Enrichment Social Studies & Science (60 min)	<p>Relax, go outside, work on passions, time with family.</p> <ul style="list-style-type: none"> <li>● Listen to an educational podcast! Try <a href="http://npr.org/podcasts/510321/wow-in-the-world">Wow in the World!</a> <a href="http://npr.org/podcasts/510321/wow-in-the-world">http://npr.org/podcasts/510321/wow-in-the-world</a></li> <li>● If you like science, <a href="http://storiespodcast.com/">Stories Podcast</a> -<a href="http://storiespodcast.com/">http://storiespodcast.com/</a> or <a href="https://www.npr.org/podcasts/532788972/circle-round">Circle Round</a> <a href="https://www.npr.org/podcasts/532788972/circle-round">https://www.npr.org/podcasts/532788972/circle-round</a> to hear a story.</li> </ul> <p>Learn some Spanish with <a href="https://rockalingua.com/songs">Rockalingua</a> - <a href="https://rockalingua.com/songs">https://rockalingua.com/songs</a>  Visit FOSS Web as a Guest. Select your role, “student” and your grade level and explore the recommended website links <a href="https://www.fossweb.com/">https://www.fossweb.com/</a>.</p> <ul style="list-style-type: none"> <li>● <a href="https://www.nationalparks.org/explore-parks/all-parks">Visit our National Parks</a> - <a href="https://www.nationalparks.org/explore-parks/all-parks">https://www.nationalparks.org/explore-parks/all-parks</a></li> </ul>

# Grades 3 - 5

Time	Activity
	Breakfast/Get ready for an awesome day! And yes, change out of PJs :)
Math (40 min)	<p>Assuming you've gotten a good night of sleep, your thinking will be sharpest in the morning so let's start the day strong with some math! Whoo hoo!</p> <p><b>Use free resources for students:</b>  <b>IXL - coming soon</b>  <b>Dreambox - contact Mary if you are interested in an account - <a href="#">Demo</a></b></p> <p>Khan Academy math practice has got your back. Depending on your confidence and grade level, one of the following courses are likely good for you:  <b>Khan Academy - <a href="https://www.khanacademy.org/">https://www.khanacademy.org/</a></b>  <a href="#">2nd grade math</a>  <a href="#">3rd grade math</a>  <a href="#">4th grade math</a>  <a href="#">5th grade math</a></p> <p>One practice that <a href="#">we've seen teachers and students use to great effect</a> is to start, regardless of age, on <a href="#">Kindergarten</a> and then move to <a href="#">1st grade</a>, <a href="#">2nd grade</a>, etc. Course challenges and unit tests can be used to accelerate through material. If you don't have too many gaps, you should be able to get through a previous year's content in 1-3 hours. If you do have gaps, it may take a bit longer, but that is good! This is your chance to fill in those gaps that might otherwise hold you back in the future.</p> <p>You'll see that if you are able to put in at least a solid 30 minutes a day of math practice and keep leveling up skills, you'll see big gains and, most importantly, really see the world in new and exciting ways!</p> <p>One you are at your grade level, try to set a goal of leveling up at least 3 skills a week.</p>
Reading Comprehension (30 min)	Play. Ideally play outside. Get that heart pumping.

	<p>If you want to listen to a great story, visit <a href="https://www.storylineonline.net/">Storyline Online</a> - <a href="https://www.storylineonline.net/">https://www.storylineonline.net/</a></p> <p>We just released the first version of reading comprehension practice on Khan Academy. It is grouped by grade level:</p> <p><a href="https://www.khanacademy.org/ela/cc-2nd-reading-vocab">2nd grade</a> - <a href="https://www.khanacademy.org/ela/cc-2nd-reading-vocab">https://www.khanacademy.org/ela/cc-2nd-reading-vocab</a>  <a href="https://www.khanacademy.org/ela/cc-3rd-reading-vocab">3rd grade</a> - <a href="https://www.khanacademy.org/ela/cc-3rd-reading-vocab">https://www.khanacademy.org/ela/cc-3rd-reading-vocab</a>  <a href="https://www.khanacademy.org/ela/cc-4th-reading-vocab">4th grade</a> - <a href="https://www.khanacademy.org/ela/cc-4th-reading-vocab">https://www.khanacademy.org/ela/cc-4th-reading-vocab</a>  <a href="https://www.khanacademy.org/ela/cc-5th-reading-vocab">5th grade</a> - <a href="https://www.khanacademy.org/ela/cc-5th-reading-vocab">https://www.khanacademy.org/ela/cc-5th-reading-vocab</a>  <a href="https://www.khanacademy.org/ela/cc-6th-reading-vocab">6th grade</a> - <a href="https://www.khanacademy.org/ela/cc-6th-reading-vocab">https://www.khanacademy.org/ela/cc-6th-reading-vocab</a>  <a href="https://www.khanacademy.org/ela/cc-7th-reading-vocab">7th grade</a> - <a href="https://www.khanacademy.org/ela/cc-7th-reading-vocab">https://www.khanacademy.org/ela/cc-7th-reading-vocab</a>  <a href="https://www.khanacademy.org/ela/cc-8th-reading-vocab">8th grade</a> - <a href="https://www.khanacademy.org/ela/cc-8th-reading-vocab">https://www.khanacademy.org/ela/cc-8th-reading-vocab</a></p> <p>We recommend starting at your grade level and doing 1-2 practice sets per day (or 10 practice sets per week). This should take about 10-20 minutes per day. If you find it difficult, completely okay to start at an earlier grade level. Likewise, if you find the passages and questions to be easy, feel free to move to higher grade levels.</p>
Reading (30 min)	<p>Silent reading. Curl up with a favorite book or magazine. Here is a great list of titles that you might want to get your hands on:</p> <p><a href="#">Epic LIST grades</a></p>
PE (20 min)	<p>Break/walk/play. Try to get that heart pumping again! Or get your dance on with <a href="https://www.gonoodle.com/">GoNoodle</a> - <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a> or try some <a href="https://www.youtube.com/channel/UC5ulZ2KOZZeQDQo_Gsi_qbQ">Cosmic Kids Yoga</a>.- <a href="https://www.youtube.com/channel/UC5ulZ2KOZZeQDQo_Gsi_qbQ">https://www.youtube.com/channel/UC5ulZ2KOZZeQDQo_Gsi_qbQ</a></p>
Grammar (20 min)	<p>Khan Academy Grammar: <a href="https://www.khanacademy.org/humanities/grammar">https://www.khanacademy.org/humanities/grammar</a>. Recommend starting by taking the course challenge a few times to figure out what you know and don't know.</p>
Writing (20 min)	<p>Journaling/writing. Things to write about/prompts:</p> <ol style="list-style-type: none"> <li>1. Write in a journal every day.</li> <li>2. Write a personal narrative</li> <li>3. Write a letter to someone</li> <li>4. Write a 'How to Book'</li> <li>5. Teach someone about something or someone you know a lot about.</li> </ol>
Social Studies and Science (40 min)	<p>During breaks</p> <ul style="list-style-type: none"> <li>● Listen to an educational podcast!</li> <li>● Try <a href="https://www.brainson.org/">Brains On!</a> - <a href="https://www.brainson.org/">https://www.brainson.org/</a> If you like science, <a href="https://www.brainson.org/pages/foreverago">Forever Ago</a> -<a href="https://www.brainson.org/pages/foreverago">https://www.brainson.org/pages/foreverago</a></li> <li>● If you like history, or <a href="https://www.storypirates.com/podcast">Story Pirates</a> - <a href="https://www.storypirates.com/podcast">https://www.storypirates.com/podcast</a> to hear funny stories written by kids.</li> <li>● Visit FOSS Web as a Guest. Select your role, "student" and your grade level and explore the recommended website links <a href="https://www.fossweb.com/">https://www.fossweb.com/</a>.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b><i>Visit our National Parks:</i></b> <a href="https://www.nationalparks.org/explore-parks/all-parks">https://www.nationalparks.org/explore-parks/all-parks</a> a chance to see the beauty of America</li> <li>• Learn some Spanish with <a href="https://rockalingua.com/songs">Rockalingua</a> <a href="https://rockalingua.com/songs">https://rockalingua.com/songs</a></li> </ul>
Enrichment (40 min)	<ul style="list-style-type: none"> <li>• Student links to access like Typing Club (coming soon)</li> <li>• <a href="https://www.khanacademy.org/computing/computer-programming">Khan Academy computer programming</a> -<a href="https://www.khanacademy.org/computing/computer-programming">https://www.khanacademy.org/computing/computer-programming</a> Programming computers is far more fun and creative than you probably ever imagined. Start by creating fun cartoons and animations and work your way up to creating fun games that your friend can play.</li> <li>• <a href="http://scrapcoloring.com/">Coloring pages</a> - <a href="http://scrapcoloring.com/">http://scrapcoloring.com/</a> online coloring pages</li> <li>•</li> <li>• Listen to an educational podcast!</li> <li>• Try <a href="https://www.brainson.org/">Brains On!</a> - <a href="https://www.brainson.org/">https://www.brainson.org/</a> If you like science, <a href="https://www.brainson.org/pages/foreverago">Forever Ago</a> -<a href="https://www.brainson.org/pages/foreverago">https://www.brainson.org/pages/foreverago</a></li> <li>• If you like history, or <a href="https://www.storypirates.com/podcast">Story Pirates</a> - <a href="https://www.storypirates.com/podcast">https://www.storypirates.com/podcast</a> to hear funny stories written by kids.</li> </ul>

## Grades 6 - 8

Time	Activity
	Eat breakfast and get ready for an awesome day! And yes, change out of your PJs :)
Elective (20 min)	If you have time, get creative! Make a video in iMovie, learn some <a href="#">Spanish</a> , practice on IXL, play Spanish games on <a href="#">Rockalingua</a> , <a href="#">draw</a> or <a href="#">color</a> a picture, create a <a href="#">comic</a> , make a <a href="#">craft</a> , practice your instrument, make a meal for your family, work on your computer coding skills.
ELA (60 min)	<p>1) Practice skills in <a href="#">IXL</a> or work in the Diagnostic Arena</p> <p>Or listen to someone read you a story on <a href="#">Storytime Online</a>, or a podcast to find a set of flashcards to study in <a href="#">Quizlet</a> or play a word <a href="#">game</a>.</p> <p>Journaling/writing. Things to write about/prompts:</p> <ol style="list-style-type: none"> <li>6. Write in a journal every day.</li> <li>7. Write a personal narrative</li> <li>8. Write a letter to someone</li> <li>9. Write a 'How to Book'</li> <li>10. Teach someone about something or someone you know a lot about.</li> </ol>

Break	Get outside, <u>move</u> , grab a snack!
Science (20 min)	Get outside and make a weather/nature/ecosystem observation, check out some science phenomenon at the <a href="#">Wonder of Science</a> or <a href="#">NGSS Phenomenon</a> , listen to podcast (like <a href="#">Science Friday</a> or <a href="#">Tumble</a> ), or watch a <a href="#">Bill Nye video</a> or <a href="#">Crash Course</a> .
Social Studies (20 min)	Read up on the news! Most newspapers like the New York Times ( <a href="#">nyt.com</a> ) and Washington Post ( <a href="#">washingtonpost.com</a> ) have free Covid-19 content. <a href="#">Sfgate.com</a> and <a href="#">wksbw.com</a> have local news, as does <a href="#">santacruzsentinel.com</a>  If you have time, try your luck at a <a href="#">Geography Game</a> , explore a <a href="#">National Park</a>
Lunch	Enjoy a healthy meal, check out <a href="#">Ms. K's Counseling Blog</a> or maybe listen to podcast (try <a href="#">6 minutes</a> , <a href="#">StoryCorps</a> , or <a href="#">Smash Boom Best</a> ). Get outside for some fresh air.
Math (50 min)	1) Practice skills in <a href="#">IXL</a> or work in the Diagnostic Arena. 2) <b>Dreambox - contact Mary if you are interested in an account - <a href="#">Demo</a></b>  If you have time, explore additional learning and videos with Khan Academy: <a href="#">6th grade math</a> <a href="#">7th grade math</a> <a href="#">8th grade math</a> <a href="#">Algebra I</a>  Or challenge yourself with a problem from <a href="#">Open Middle</a> , or a game with <a href="#">Prodigy</a> .
PE (40 min)	Take a walk, find an exercise video, practice skills in any sport. <a href="#">Push Play PE: Distance Learning PE Video. California Standards-Based</a> (coming soon)  Practice your dance skills with Just Dance videos ( <a href="#">Just Dance 1</a> , <a href="#">Just Dance 2</a> ), try some <a href="#">Yoga with Adrienne</a> , or break a sweat with <a href="#">Youth Fitness</a> or <a href="#">Kids Workout</a> .
Reading (30 min)	1.) Sit back in a comfortable spot and read. Read and then read some more. :-)  Out of books? <a href="#">Get a library card</a> for the Santa Cruz library and check out their virtual and audio books or find one on <a href="#">JLG Digital</a> (and scroll to the Middle School Stream) or <a href="#">Epic</a>
After-School	Take a break and go outside, do some chores, play with your siblings. Finish any assignments of the day. Connect with friends, eat a healthy dinner, read and spend some time with your family. Do what you need to do to take care of yourself.

