

Virtual Academy - Sample Schedule (Elementary)

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| 8:00-8:45 AM | MATH |
| 8:45-9:30 AM | LANGUAGE ARTS |
| 9:30-9:45 AM | SNACK - take a break |
| 9:45-10:30 AM | SCIENCE |
| 10:30-11:15 AM | SOCIAL STUDIES |
| 11:15-11:45 AM | LUNCH |
| 11:45-12:30 AM | PHYSICAL EDUCATION |
| 12:30-1:15 AM | HEALTH |
| 1:15-2:00 AM | ART (grades K-2 semester A and B / grades 3-5 semester A) |
| 2:00-2:15 PM | BREAK - have a healthy snack |
| 2:15-3:00 PM | KEYBOARDING (grades 3-5) semester B |
| Weekly 20 minute video conference | ATTENDEES: Parent/Guardian Learning Coach, Student, NDCDE teacher |

Allow approximately 45 minutes per class per day as a starting point. Adjust your schedule to meet your needs as you build understanding of the online platform. Take breaks as needed - step away from the screen, go outside or play a game.

The North Dakota Center for Distance Learning (NDCDE) will mail a workbook for language arts, math, science, and social studies to student's home address. Everything in the workbook is online.

Your success in distance learning is going to be based on your ability to stay organized and motivated. Following a schedule like the one outlined above will give you plenty of time to work on assignments while also allowing you to take periodic breaks where you can step away from the screen.

Virtual Academy - Sample Schedule (Secondary)

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| 8:00-8:30 AM | Wake up, get ready, and eat breakfast. |
| 8:30-9:30 AM | MATH COURSE |
| 9:30-9:40 AM | Use this time to send any necessary emails to your MATH teacher and/or take a short break from the computer screen. |
| 9:40-10:40 AM | LANGUAGE ARTS |
| 10:40-10:50 AM | Use this time to send any necessary emails to your LANGUAGE ARTS teacher and/or take a short break from the computer screen. |
| 10:50-11:50 AM | SCIENCE |
| 11:50-12:00 PM | Use this time to send any necessary emails to your SCIENCE teacher and/or take a short break from the computer screen. |
| 12:00-12:30 PM | LUNCH |
| 12:30-1:30 PM | SOCIAL STUDIES |
| 1:20-1:30 PM | Use this time to send any necessary emails to your SOCIAL STUDIES teacher and/or take a short break from the computer screen. |
| 1:30-2:00 PM | NO SCREENS: Use this time to step away from all screens. For example, go outside and exercise, read, draw or paint, listen to music, practice an instrument, or write in a journal. This time is yours, but don't develop bad habits that pull you out of the school mindset. |
| 2:00-3:50 PM | ELECTIVE(S) |
| 3:50-4:00 PM | Use this time to send any necessary emails to your ELECTIVE(S) teacher(s). |

Your success in distance learning is going to be based on your ability to stay organized and motivated. You should plan on spending at minimum five hours each day on your coursework. Following a schedule like the one outlined will give you plenty of time to work on assignments while also allowing you to take periodic breaks where you can step away from the screen and find other hobbies.