

A Day in the Life: **High School** Predominantly Virtual Sample Schedule

UPDATED SEPT. 24, 2020: Adjusted by 15 minutes per period

Below represents a sample bell schedule for high schools. **In this sample, the school day for grades 9-12 begins at 9 a.m. (8 a.m. for early bird) and generally ends by 2:55 p.m. Your student's learning activities may vary.**

TL=Teacher-Led

BR=Break

ID=Independent

TIME	CONTENT		LEARNING ACTIVITIES
8 - 8:55 a.m.	Early Bird Classes (depending on course selection)	ID	Attendance/warmup (5 min.)
		TL	Whole-group instruction/review previous learning (20 min.)
		TL	Small/whole-group practice (10 min.)
		ID	Independent practice (15 min.)
		TL	Review/exit activity (5 min.)
9 - 9:50 a.m.	1st Period	ID	Attendance/warmup (2.5 min.)
		TL/ID	Whole-group instruction/Independent work (flexible by day) (15 min.)
		TL/ID	Small/whole-group/independent practice (flexible by day) (15 min.)
		ID	Independent practice (15 min.)
		TL	Review/exit activity (2.5 min.)
9:50 - 10 a.m.	Transition/Break	BR	
10 - 11:15 a.m.	2nd/3rd Period	ID	Attendance/warmup (5 min.)
		TL/ID	Whole-group instruction/Independent work (flexible by day) (20 min.)
		TL/ID	Small/whole-group/independent practice (flexible by day) (25 min.)
		ID	Independent practice (20 min.)
		TL	Review/exit activity (5 min.)
11:15 - 11:25 a.m.	Transition/Break	BR	
11:25 - 11:45 a.m.	Extended Learning	TL	Small-group instruction on specified activities Social-emotional learning
11:45 a.m. - 12:15 p.m.	Lunch	BR	Lunch break for all
12:15 - 1:30 p.m.	4th/5th Period	ID	Attendance/warmup (5 min.)
		TL/ID	Whole-group instruction/independent work (flexible by day) (20 min.)
		TL/ID	Small/whole-group/independent practice (flexible by day) (25 min.)
		ID	Independent practice (20 min.)
		TL	Review/exit activity (5 min.)
1:30 - 1:40 p.m.	Transition/Break	BR	
1:40 - 2:55 p.m.	6th/7th Period	ID	Attendance/warmup (5 min.)
		TL/ID	Whole-group instruction/independent work (flexible by day)(20 min.)
		TL/ID	Small/whole-group/independent practice (flexible by day)(25 min.)
		ID	Independent practice (20 min.)
		TL	Review/exit activity (5 min.)
2:55 - 3:55 p.m.	Teacher Planning/ Office Hours	ID	Independent work, instructional support, planning, office hours

APPROXIMATE MINUTES PER DAY

Synchronous	Asynchronous	Break
202.5	152.5	60
Total: 355 minutes		