

A Day in the Life: Middle School Predominantly Virtual Sample Schedule

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

Below represents a sample bell schedule for middle schools. **In this sample, the school day for grades 6-8 begins at 8:30 a.m. and generally ends by 2 p.m. Your student's learning activities may vary.**

TL=Teacher-Led

BR=Break

ID=Independent

TIME	CONTENT		LEARNING ACTIVITIES
8:30 - 9:05 a.m.	Advisory/HR	TL	Social-emotional learning, intervention, enrichment (35 min.)
9:05 - 9:10 a.m.	Transition/Break	BR	Use the restroom, get water, get supplies (5 min.)
9:10 - 10:10 a.m.	Period 1/5	ID	Attendance/warmup (10 min.)
		TL	Whole-group instruction (15 min.)
		TL/ID	Small-group and independent practice (30 min.)
		TL/ID	Review/exit activity (5 min.)
10:10 - 10:20 a.m.	Transition/Break	BR	Use the restroom, get water, get supplies (10 min.)
10:20 - 11:20 a.m.	Period 2/6	ID	Attendance/warmup (10 min.)
		TL	Whole-group instruction (15 min.)
		TL/ID	Small-group and independent practice (30 min.)
		TL/ID	Review/exit activity (5 min.)
11:20 - 11:50 p.m.	Lunch	BR	Lunch (30 min.)
11:50 - 12:50 p.m.	Period 3/7	ID	Attendance/warmup (10 min.)
		TL	Whole-group instruction (15 min.)
		TL/ID	Small-group and independent practice (30 min.)
		TL/ID	Review/exit activity (5 min.)
12:50 - 1 p.m.	Transition/Break	BR	Use the restroom, get water, get supplies (10 min.)
1 - 2 p.m.	Period 4/8	ID	Attendance/warmup (10 min.)
		TL	Whole-group instruction (15 min.)
		TL/ID	Small-group and independent practice (30 min.)
		TL/ID	Review/exit activity (5 min.)
2 - 3:15 p.m.	Teacher Planning/ Office Hours	ID	Independent work, instructional support, planning, office hours

APPROXIMATE MINUTES PER DAY

Synchronous	Asynchronous	Break
235	115	55
Total: 350 minutes		