

TVA Accelerate Typical Day/Sample Schedule K-5

K-3 suggested schedule

Subject/Activity	Suggested Time
Morning Meeting (Discuss Calendar, Weather, Lessons for the day, Review goals)	10 minutes
Language Arts	60-75 minutes
Snack/Brain Break (play a game, exercise, move around)	15-20 minutes
Mathematics	45-60 minutes
Lunch/Free Play	45 minutes
Science	30-45 minutes
Brain Break	10 minutes
Social Studies	30-45 minutes
Brain Break	10 minutes
Electives	30 minutes
Afternoon Meeting (Discuss what was learned today across the subjects, a favorite thing a student learned, what goals were met, set goals for next day.)	10 minutes

4-5 suggested schedule

Subject	Suggested Time
Morning Meeting: Discuss goals for the day, discuss current events, upcoming activities	10 minutes
Language Arts	60-75 minutes
Snack/Brain Break (play a game, exercise, move around)	15-20 minutes
Mathematics	45-60 minutes
Lunch/Free Play	45 minutes
Science	30-45 minutes
Social Studies	30-45 minutes
Brain Break	10 minutes
Electives	30 minutes
Afternoon Meeting: Discuss what was learned, review and set goals	10 minutes

A Typical Day Description

1. Morning Meeting (10 minutes): This is a time to meet with your student and go over some necessary skills students should know. It is also a time to review goals that have been set and review concepts being learned. Go over the calendar, weather, discuss the days of the week, current events, and the schedule for the day.
2. Language Arts Block (60-75 minutes): This includes online work, offline work, independent reading, and time to read aloud stories to a student.
3. Snack/Brain Break (15-20 minutes): Take time to prepare a nutritious snack with your student. Play a game, exercise, dance. A Brain Break is a 10-minute break that gets your student moving.
4. Math (45-60 minutes): This includes online work and offline work.
5. Lunch/Free Play (45 minutes): Work with the student to make a nutritious lunch, allow the student 20 minutes or more of free play, preferably outside, and technology-free.
6. Science (30-45 minutes): Discuss the guiding question and what the student thinks the answer is. Work online and offline. At the end of the lesson, go back to the guiding question and discuss the answer. Read aloud a story related to the concept taught in Science.
7. Social Studies (30-45 minutes): This includes online and offline work.
8. Electives (30 minutes): Rotate elective courses, for example, do Art one day, PE the next day, etc.
9. Afternoon Meeting (10 minutes): This is a time to meet with your student and review the day.
 - Please discuss with your student what they enjoyed most, what is something new they learned, what was their least favorite activity, what is something they need to review, or if they need extra help with a concept.
 - Review the goals that were set, discuss if the goals were met if they need to be readjusted, and set new goals if needed.
 - For Grades 1-3, please take a minute to review spelling words, ask the students to spell the word, and use it in a sentence. Please make it a challenge not to use the same sentence each day.
 - Review the math concepts for the day, quiz students on what they are learning.