












# Grades 3-5 Sample Schedule

For more Resources visit [NUSD Distance Learning](#)

Adapted from [Khan Academy](#) and @Jessica McHale Photography

Time	Activity	Description
8:00-9:00	Wake up	Breakfast/Get ready for an awesome day! And yes, change out of PJs :)
9:00-9:40	Math 	Khan Academy's <a href="#">Weekly Math Learning Plans</a> for Grade 3 through Grade 5 will keep children on track and motivated to finish the school year strong. Also, you could do an assignment given by your teacher.
9:40-10:00	Outdoor Time	Family walk; play outdoors; yoga; <a href="#">GoNoodle</a>
10:00-10:30	Academic Reading 	Do an assignment given by your teacher or visit <a href="#">Khan Academy</a> for reading comprehension practice (see ELA Beta)
10:30-11:00	Silent Reading	Curl up with a favorite book or magazine. Here is a <a href="#">great list of titles</a> that you might want to get your hands on.
11:00-11:20	Break/Walk 	Get that heart pumping again!
11:20-11:40	Science/Social Studies 	Visit the <a href="#">exploratorium</a> , use <a href="#">Amplify</a> or <a href="#">Mystery Science</a> , or go on a <a href="#">Virtual Field Trip</a>
11:40-12:15	Writing 	Assignment from your teacher or Journal Writing
12:15-1:15	Lunch	Lunch - Listen to an educational podcast! Try <a href="#">Brains On!</a> If you like science, <a href="#">Forever Ago</a> , and if you like history, or <a href="#">Story Pirates</a> to hear funny stories written by kids.
1:15-2:00	Coding 	Enrichment: <a href="#">Khan Academy computer programming</a> , <a href="#">Tynker-Coding for Kids</a> , <a href="#">Scratch</a> , <a href="#">Minecraft</a>

		<p>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.</p>
2:00–3:00	<p><b>Creative Time</b></p> 	<p>Legos, magnatiles, drawing, crafting, playing music, cooking or baking</p>
3:00–8:00	<p><b>Relax</b></p> 	<p>Go outside, work on passions, time with family</p>
8:00	<p><b>Bedtime</b></p> 	<p>Lights out! Time to sleep!</p>
<b>Bonus</b>	<p><b>Other Activities</b></p>	<p>If you're looking for more suggestions for music, dance, drawing, painting, reading, and other activities, check out:</p> <ul style="list-style-type: none"> <li>• <a href="#">Khan Academy Kids Circle Time</a> on YouTube includes reading, singing, dancing, and more.</li> <li>• <a href="#">Wide-Open School</a>, a collection of resources curated and vetted by Common Sense Media.</li> <li>• Parents Resource List, created by Instructional Coaches in Newark Unified School District.</li> </ul>