

Sample Middle School Program Schedules

Inside - No Gym

- 2:15-3:00 Check in/Snack/Social Time
- 3:00-3:30* Homework help (a different subject each day)
- 3:30-4:15* Free time in a classroom (puzzles, games, coloring...)
- 4:15-5:15 Organized activity (2 or 3 choices to pick from)
- 5:15-6:00 Free time in a classroom (library?)

**Homework Help could be extended 15 minutes and free time decreased by 15 minutes.*

Outside - No Gym

- 2:15-2:45 Check in / Snack / Social Time
- 2:45-3:15 Outside - Designated Game
- 3:15-3:45 Homework help
- 3:45-4:15 Free time in a classroom
- 4:15-5:15 Organized activity (2 or 3 choices to pick from)
- 5:15-6:00 Free time in a classroom (library?)

Inside - Gym time

- 2:15-3:00 Check-in / Snack / Social time
- 3:00-3:30 Homework help (different subject each day of week)
- 3:30-4:00 Free time in gym
- 4:00-4:30 Free time in a classroom (games, puzzles...)
- 4:30-5:15 Organized activity (2 or 3 choices to pick from - designated game in gym a possible choice)
- 5:15-6:00 Free time in classroom