



Sample Schedule, Grades EK-5

Intentional scheduling—no wasted time!

Our unique schedule optimizes the school day for learning, training, and competition to keep evenings free for quality family time. Our team practices and games fall within the regular school day. We encourage family meals and early bedtime to support our students' cognitive and physical development.

7:45-8:00	DWB Writing Prompt (Do, What, Because)
8:00-8:20	Survey of Sports (new sport every two weeks)
8:00-9:00	PE (20 min sport, 40 min team sport)
9:00-10:45	English Language Arts
10:45-11:30	Math
11:30-11:55	Lunch
11:55-12:50	Math
12:50-1:10	Recess
1:10-2:10	Science
2:10-3:00	Social Studies
3:00-3:15	Enrichment, Review or Recess
3:15	Dismissal
AFTERNOON	Opportunity for non-athletic enrichment or additional family time
EVENING	Family Dinner & Strong Bedtime Routine