Catapult eLearning

SAMPLE Schedules

FY 21-22

Sample schedules are based on the recommendations provided by ISBE for the number of minutes students should be in synchronous (online) classes. The thresholds do not represent asynchronous work that is also required throughout the school day.

Grade Level	Minimum	Maximum	Recommended Length of Sustained Attention
PreK	20 minutes/day	60 minutes/day	3-5 minutes
K	30 minutes/ day	90 minutes/day	3-5 minutes
1-2	45 minutes/day	90 minutes/day	5-10 minutes
3-5	60 minutes/day	120 minutes/day	10-15 minutes
6-8	Class: 15 minutes/day Total: 90 minutes/day	Class: 30 minutes/day Total: 180 minutes/day	1 subject area or class
9-12	Class: 20 minutes/day Total: 120 minutes/day	Class: 45 minutes/day Total: 270 minutes/day	1 subject area or class

*RL-Recommendations-3-27-20.pdf (isbe.net)

K-2 SAMPLE eLearning Schedule

Time	Activity
9:15 – 9:25	Welcome, Calendar, and Weather
9:25 – 9:45	
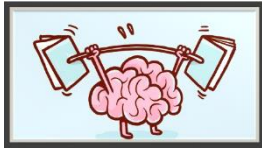
Time	Activity
9:45 – 10:05	Science
10:05 – 10:15	BREAK TIME !!
10:15 – 10:35	English Language Arts
10:35 – 10:55	Social Studies
10:55 – 11:05	BREAK TIME !!
11:05 – 11:15	Enrichment
11:15 – 11:25	small groups
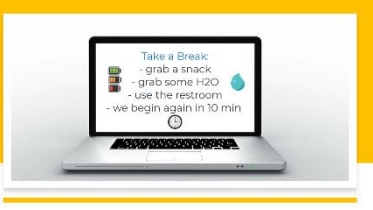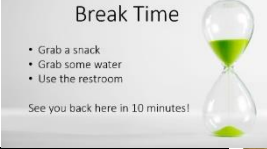
3-5 SAMPLE eLearning Schedule

Time	Activity
8:30-8:40	Welcome & Daily Agenda
8:40 – 9:05	Math
9:05 – 9:25	Science

Time	Activity
9:25 – 9:35	Break #1 • Get a snack • Get some water • Use the restroom See you in 10 minutes!
9:35 – 10:00	English/Language Arts
10:00 – 10:20	Social Studies
10:20 – 10:30	Break #2
10:30 – 11:15	Enrichment – Social Emotional Learning, Mindfulness, Artistic Expression, and Field Trip Fridays

6-8 eLearning SAMPLE Schedule

Time	Activity
8:30 – 8:40	Welcome and daily brain warm-up
8:40 – 9:10	Math
9:10 – 9:30	Science

9:30 – 9:40	Break #1	
9:40 – 10:10	English Language Arts	
10:10 – 10:30	Social Studies	
10:30 – 10:40	Break #2	
10:40 – 11:30	Enrichment	