



Spokane Public Schools  
*excellence for everyone*

<b>Encouraged Daily Plan for Grades 3-6</b>	
	Daily
<b>Morning Learning Session 1</b> 45 - 60 minutes	Breakfast
	ELA
	Personalized Digital learning 2-3 times a week
<b>Learning Session 2</b> 40 - 60 minutes	Break/ Physical Activity/ Snack
	Math
	Personalized Digital learning 2-3 times a week
30 minutes	Fitness and Health
Mid-Day Break	Lunch
25 - 30 minutes	Art/Music/Create
30 minutes	Independent Reading or Writing
<b>Learning Session 3</b> 40-50 minutes	Science or Social Studies
	Personalized Digital learning 2-3 times a week
<b>Afternoon</b> 60 minutes	Break/ Physical Activity/ Snack
	Read/ Write/ Create/ Draw/ Help others/ Chores

\*Please see Resources for [SPS Learning at Home](#) website for more