



Central Union School District
Lemoore, CA

Learn from Home Recommended Daily Schedule Grades 6-8

The schedule and resources listed below are encouraged but not required.

Before 8:00 a.m.	<p>Wake-up & get your day started</p> <p>*Wash hands with soap and water.</p> <p>Eat Breakfast & and Clean up Make Bed Hygiene Routine & Get dressed for the day</p>
8:00-8:20	<p>Take a morning walk or do stretches inside your house</p> <p>*Wash hands with soap and water.</p>
8:20-9:00	<p>Read a Book: If you don't have a "hard copy" book, here is an online option for 6th-8th Graders:</p> <p>Scholastic Learn at Home is offering Day by Day Projects to keep kids reading, thinking, and growing.</p> <p style="text-align: center;">https://classroommagazines.scholastic.com/support/learnathome.html</p> <ul style="list-style-type: none"> ● Click on your grade level at the bottom of the page ● Choose the days lesson ● Be sure to click on Open Magazine View to read the articles and explore the magazine ● Complete the activity <p>*Wash hands with soap and water</p>
9:00-9:30	<p>With parent permission and supervision, play outside:</p> <p>Stay Active. No Electronics!</p> <p>*Wash hands with soap and water</p>
9:30-10:30	<p>Learn Zillion Writing:</p> <p>Make sure you have paper and pencil handy so you can get to work on your opinion writing.</p> <p>6-8 Writing</p> <p>https://learnzillion.com/lesson_plans/4092-introduce-a-claim-not-an-opinion https://learnzillion.com/lesson_plans/8680-clarify-how-evidence-supports-the-reason https://learnzillion.com/lesson_plans/8667-order-reasons-and-counterargument-to-best-prove-claim https://learnzillion.com/lesson_plans/4040-revise-an-introduction-to-clearly-introduce-a-claim https://learnzillion.com/lesson_plans/5519-draft-a-concluding-paragraph-for-an-argumentative-essay</p> <p>Share your writing with your family!</p> <p>*Wash hands with soap and water</p>
10:30-11:00	<p>Chores</p> <ul style="list-style-type: none"> ● Go room by room and put things away. Take out trash. Your parents will love this! ● If your parents say it is okay, sweep or vacuum a room in your house. ● If your parents say it is okay, help your parents wipe counter tops, light switches, and door knobs throughout your house. <p>*Wash your hands with soap and water.</p>
11:00-12:00	<p>Lunch: Eat lunch/clean up</p> <p>Play outside: Work to be active! No electronics!</p> <p>*Wash your hands with soap and water.</p>

12:15-1:15	<p>Khan Academy Math Work</p> <p>Click on a link below for your grade level. Complete.</p> <p>Sixth Grade: Complete all lessons and practice in the Distributive Property with Variables Unit Complete all lessons and practice in the One-Step Addition and Subtraction Equations Unit Watch this video and write a summary explaining what a cell is and what our bodies are made of</p> <p>Seventh Grade: Complete all lessons and practice in the Two-Step Equations with Decimals and Fractions Unit Complete all lessons and practice in the Two-Step Equations Word Problems Unit Watch this video and write a paragraph explaining how small an atom is</p> <p>Science: Play the PheT Build an Atom Game. Record the name of the atom you build along with the number of protons and neutrons.</p> <p>Eighth Grade: Complete all lessons and practice in the Solutions to Linear Equations Unit Complete all lessons and practice in the Square and Cube Roots Unit</p> <p>Science: Experiment with the PheT Waves: Into Unit. Experiment with Water, Light, and Sound. Push the Green button to turn it on, and change amplitude and frequency. Take notes to record your observations.</p> <p>*Wash your hands with soap and water.</p>
1:15-2:00	<p>Creative Time</p> <p>Here are a Few Ideas</p> <p>Drawing https://www.youtube.com/user/ArtforKidsHub</p> <p>Origami https://www.youtube.com/watch?v=Jg-kIE_dhA4</p> <p>Clean up after yourself and put everything away.</p> <p>*Wash your hands with soap and water.</p>
2:00-2:30	<p>Science/History Social Studies</p> <p>History/Social Studies</p> <p>Go to www.brainpop.com and choose Social Studies and select a lesson for your grade level below.</p> <p>6th/7th Grade https://www.brainpop.com/socialstudies/ancientcultures/</p> <p>8th Grade https://www.brainpop.com/socialstudies/ushistory/</p> <p>Watch a video that you are interested in, take the quiz, and share the information with a family member.</p> <p>Science:</p> <p>Sixth Grade: Watch this video and write a summary explaining what a cell is and what our bodies are made of</p> <p>Seventh Grade: Watch this video and write a paragraph explaining how small an atom is Play the PheT Build an Atom Game. Record the name of the atom you build along with the number of protons and neutrons.</p> <p>Eighth Grade: Experiment with the PheT Waves: Into Unit. Experiment with Water, Light, and Sound. Push the Green button to turn it on, and change amplitude and frequency. Take notes to record your observations.</p> <p>*Wash your hands with soap and water.</p>

2:30-3:00

Write a letter or Write about something you learned in science

Think about someone in need of encouragement. Write a letter to that person or group. Ask your parents to help you send the letter.

Here are some ideas of people groups:

- Soldiers on deployment
- People who live in assisted living facilities
- Health Care Workers

