

EMS DISTANCE LEARNING

Daily Schedule for _____

Sample schedule for learning at home:

8:00 am - Get Up and Eat Breakfast

Start/Stop - Class/subject

Start/Stop - Class/subject

Start/Stop - Class/subject

11:50 am - 12:40 pm - Exercise

12:45-1:35 - Lunch

Start/Stop - Class/subject

Start/Stop - Class/subject

Start/Stop - Class/subject



Key Points

- Stay on the school's schedule...structure provides consistency and focus.
- If you finish all assignments for a class, move on to another class...especially for those that typically take longer.
- Keep up with all emails sent by the teacher. Keep them in folders on your email.
- Check your personal email as well as your school email.
- Organize and maintain your workspace in your room. This is now your classroom. You will need to re-organize things to accommodate.
- When possible, go mobile. Work outside, in another room, etc.
- Stay physically active.
- If you have questions, email your teacher. They will be much more responsive than normal, because they will be watching for your emails.
- This is distance learning, this is not 100% online. You have a real teacher out there to support you.
- Use this time to get ahead. Learning is good for you and you will have the benefit of being more prepared next year.

Other Responsibilities

- Create and chart an exercise regimen. Include aerobic, anaerobic, and stretching.
- Chart all assignments on a spreadsheet, whiteboard, chart, etc. Have available for parents to see at all times. This is not something you "catch up on," but rather something you maintain continually.



ASSIGNMENTS CHART

Student Name _____

Date	Class	Assignment	Due Date	Done

