

High School

Suggested Schedule

Monday	Wednesday	Friday
Unique Reading: Pre-Recorded Teacher Directed Lesson (25 mins)	Unique Reading: Pre-Recorded Teacher Directed Lesson (25 mins)	Unique Reading: Pre-Recorded Teacher Directed Lesson (25 mins)
Daily Living Skills Activity (15 mins)	Daily Living Skills Activity (15 mins)	Daily Living Skills Activity (15 mins)
Unique Math: Pre-Recorded Teacher Directed Lesson (25 mins)	Unique Math: Pre-Recorded Teacher Directed Lesson (25 mins)	Unique Math: Pre-Recorded Teacher Directed Lesson (25 mins)
Adaptive P.E: Videos & Resources (20 mins)	Adaptive P.E: Pre-Recorded Teacher Directed Lesson (20 mins)	Adaptive P.E: Videos & Resources (20 mins)
Mindfulness Activity (15 mins)	Mindfulness Activity (15 mins)	Mindfulness Activity (15 mins)
News 2 You- Current Events Pre-Recorded Teacher Directed Lesson (10 mins)	News 2 You-Current Events Pre-Recorded Teacher Directed Lesson (10 mins)	News 2 You-Current Events Pre-Recorded Teacher Directed Lesson (10 mins)