



Full Day Sample Schedule 40 minutes of Physical Activity

Unpack / Welcome Meeting / Calendar
Daily Schedule / Classroom Jobs

15 min. *****MORNING MOVEMENT*****

Mealtime

Carpet time / Instructional time / “Letter of the day”

5 min. *****ACTIVE TRANSITION *****

Table time – Guided Activity – Small Group Work

Center Time – Free Choice

Mealtime

Story time

Nap /Rest time

15 min. *****AFTERNOON MOVEMENT*****

Center time

5 min. *****ACTIVE TRANSITION *****

Class Meeting/Review of the day / Story time / Pack-up

**For more information about the Harris Obesity Prevention Effort (HOPE),
please visit our website at www.hopenyu.org**



Half Day Sample Schedule 30 minutes of Physical Activity

Unpack / Welcome Meeting / Calendar
Daily Schedule / Classroom Jobs

15 min. ****MORNING MOVEMENT****

Carpet time / Instructional time / “Letter of the day”

5 min. ****ACTIVE TRANSITION ****

Table time – Guided Activity – Small Group Work

Mealtime

Center Time – Free Choice

5 min. ****ACTIVE TRANSITION ****

Story time

**For more information about the Harris Obesity Prevention Effort (HOPE),
please visit our website at www.hopenyu.org**

