

Daily Schedule

Preschool Classrooms (ages 3-4)

7:00-7:45	Arrival / Indoor free play (color, play with toys, puzzles)
7:45-8:00	Wash hands and transition to breakfast (play a line up game)
8:00-8:30	Breakfast
8:30-8:45	Circle time (morning greeting, weather, song, stretching, picking jobs) Includes 10 minutes of structured physical activity
8:45-10:00	Learning centers / small group activities (children rotate through their choice of these centers: Art, Building Blocks, Dramatic Play, Math, Nature & Science, Reading, Music & Movement, Sensory Table, Garden) At least 10 minutes structured physical activity is integrated in learning centers
10:00-11:00	Outdoor free play - Includes at least 30 minutes of unstructured physical activity and a 10 minutes teacher led active game
11:00-11:15	Bathroom, hand washing, set up for lunch
11:15-11:45	Lunch
11:45-12:00	Transition – clean up from lunch, brush teeth and prepare for nap
12:00-1:30	Nap / Quiet time
1:30-2:15	Outdoor or gym free play - 30 minutes of unstructured physical activity
2:15-2:30	Snack
2:30-3:45	Learning centers / small group activities (children rotate through their choice of these centers: Art, Building Blocks, Dramatic Play, Math, Nature & Science, Reading, Music & Movement, Sensory Table, Garden) At least 10 minutes structured physical activity is integrated in learning centers
3:45-4:15	Whole group activity (active game, music & movement, yoga, reading a book, etc.) Includes at least 15 minutes of structured physical activity
4:15-4:45	Quiet play indoors or out
4:45-5:30	Clean up and get ready to leave