

High School Sample Schedule

A schedule is so important for both students and families.
This is just an example. Sit down together and decide what works best for your family.

Before 9:00 am	Get up, Breakfast, Get Dressed, Devotions
9:00 am - 9:30 am	Plan for Day, Get Moving (Activity/Exercise)
9:30 am - 10:30 am	Academic Time
10:30 am - 10:45 am	Brain Break
10:45 am - 11:45 am	Academic Time
11:45 am - 12:00 pm	Clean up work space
12:00 pm - 12:30 pm	Lunch
12:30 pm - 1:30 pm	Free / Creative Time
1:30 pm - 2:00 pm	Chores/Quiet Time/Independent Time
2:00 pm - 3:00 pm	Finish Academic Time
3:00 pm - 5:00 pm	Free Time / Clean up work space
5:00 - after	Dinner, Family Time, Bedtime