

# YMCA DISTANCE LEARNING PROGRAM

## DAILY ACTIVITY SCHEDULE



**PROGRAM:** DLP K-5<sup>th</sup> Grade

**WEEK OF:** 8/17/2020

**BIG IDEA OF THE MONTH:** Behind the Mask

**CHARACTER COUNTS:** Friendship

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00AM – 7:50AM WARM UP CENTERS	7:00AM – 7:50AM WARM UP CENTERS	7:00AM – 7:50AM WARM UP CENTERS	7:00AM – 7:50AM WARM UP CENTERS	7:00AM – 7:50AM WARM UP CENTERS
7:50AM – 8:00AM HUDDLE UP	7:50AM – 8:00AM HUDDLE UP	7:50AM – 8:00AM HUDDLE UP	7:50AM – 8:00AM HUDDLE UP	7:50AM – 8:00AM HUDDLE UP
8:00AM – 9:15AM VIRTUAL CLASS / CHOICE LEARNING	8:00AM – 9:15AM VIRTUAL CLASS / CHOICE LEARNING	8:00AM – 9:15AM VIRTUAL CLASS / CHOICE LEARNING	8:00AM – 9:15AM VIRTUAL CLASS / CHOICE LEARNING	8:00AM – 9:15AM VIRTUAL CLASS / CHOICE LEARNING
9:15AM – 9:30AM SNACK & MOVEMENT	9:15AM – 9:30AM SNACK & MOVEMENT	9:15AM – 9:30AM SNACK & MOVEMENT	9:15AM – 9:30AM SNACK & MOVEMENT	9:15AM – 9:30AM SNACK & MOVEMENT
9:30AM – 10:45AM VIRTUAL CLASS / CHOICE LEARNING	9:30AM – 10:45AM VIRTUAL CLASS / CHOICE LEARNING	9:30AM – 10:45AM VIRTUAL CLASS / CHOICE LEARNING	9:30AM – 10:45AM VIRTUAL CLASS / CHOICE LEARNING	9:30AM – 10:45AM VIRTUAL CLASS / CHOICE LEARNING
11:00AM – 11:45AM LUNCH & MOVEMENT	11:00AM – 11:45AM LUNCH & MOVEMENT	11:00AM – 11:45AM LUNCH & MOVEMENT	11:00AM – 11:45AM LUNCH & MOVEMENT	11:00AM – 11:45AM LUNCH & MOVEMENT
11:50AM-12:45AM VIRTUAL CLASS	11:50AM-12:45AM VIRTUAL CLASS	11:50AM-12:45AM VIRTUAL CLASS	11:50AM-12:45AM VIRTUAL CLASS	11:50AM-12:45AM VIRTUAL CLASS
12:50AM – 1:30PM HUDDLE UP (Social Emotional Learning)	12:50AM – 1:30PM HUDDLE UP (Character Development)	12:50AM – 1:30PM HUDDLE UP (Social Emotional Learning)	12:50AM – 1:30PM HUDDLE UP (Character Development)	12:50AM – 1:30PM HUDDLE UP (Social Emotional Learning)
1:30PM – 2:30PM VIRTUAL CLASS / CHOICE LEARNING	1:30PM – 2:30PM VIRTUAL CLASS / CHOICE LEARNING	1:30PM – 2:30PM VIRTUAL CLASS / CHOICE LEARNING	1:30PM – 2:30PM VIRTUAL CLASS / CHOICE LEARNING	1:30PM – 2:30PM VIRTUAL CLASS / CHOICE LEARNING
2:30PM – 2:50PM SNACK & REFLECTION	2:30PM – 2:50PM SNACK & REFLECTION	2:30PM – 2:50PM SNACK & REFLECTION	2:30PM – 2:50PM SNACK & REFLECTION	2:30PM – 2:50PM SNACK & REFLECTION
3:00PM – 5:00PM LEVEL UP ROTATIONS  1. (Arts) 2. (CATCH/PE) 3. (STEM) 4. (Math Enrichment)	3:00PM – 5:00PM LEVEL UP ROTATIONS  1. (Arts) 2. (CATCH/PE) 3. (STEM) 4. (Literacy)	3:00PM – 5:00PM LEVEL UP ROTATIONS  1. (Arts) 2. (CATCH/PE) 3. (STEM) 4. (Math Enrichment)	3:00PM – 5:00PM LEVEL UP ROTATIONS  1. (Arts) 2. (CATCH/PE) 3. (STEM) 4. (Literacy)	3:00PM – 4:00PM PLAY TIME (game name) 3:00PM – 4:00PM SITE SPECIALTY (activity Name)
5:00PM – 6:00PM WIND DOWN CENTERS	5:00PM – 6:00PM WIND DOWN CENTERS	5:00PM – 6:00PM WIND DOWN CENTERS	5:00PM – 6:00PM WIND DOWN CENTERS	5:00PM – 6:00PM WIND DOWN CENTERS

## BREAKING IT DOWN.

Curriculum Component	Description
<b>BIG IDEA OF THE MONTH</b>	<p>The Big Idea of The Month is the theme that activities will be designed around to make hands on learning fun and exciting!</p> <p><b>August:</b> What's Behind the Mask  <b>September:</b> Making New Friends  <b>October:</b> Creepy, Crawly, Goopy</p>
<b>CHARACTER COUNTS</b>	<p>Character is a key element of the Y's approach to working with youth to develop into ethical, caring, and successful adults. These group activities will help participants understand and practice the Character Counts Value of the Month. Our focus each month is as follows:</p> <p><b>August:</b> Friendship  <b>September:</b> Caring  <b>October:</b> Fairness</p>
<b>WARM UP AND WIND DOWN CENTERS</b>	Program format that encourages participants to choose from the range of daily stations and/or activities based on interest.
<b>HUDDLE UP</b>	Daily group activities created to facilitate group conversations, break the ice, and build relationships amongst students (and staff). Each segment will have a focus on Character Development or Social Emotional Learning
<b>SOCIAL AND EMOTIONAL LEARNING</b>	Activities that teach problem solving skills as well as teach children to embrace diversity and build healthy relationships that will last well into adulthood. Lessons include diversity/ inclusion & global awareness, empathy & critical thinking, communication, problem solving, and peer relationships.
<b>VIRTUAL CLASS</b>	Provided quiet space for your child to engage in their virtual learning with staff guidance and support.
<b>CHOICE LEARNING</b>	A choice of two independent hands on activities and projects to engage in when school work is complete or if they are not scheduled for virtual class during this time. Choices will vary from Arts & Crafts, STEM, Nutrition, Math and Literacy Enrichment, Games, and more.
<b>SNACK &amp; LUNCH</b>	<p>A healthy snack at the beginning and end of day to fuel up your child's body and mind to get the most out of a fun filled day. The YMCA is committed to providing healthy snack options during before school and after school programs. All snacks served will align with YMCA Healthy Eating and Physical Activity (HEPA) standards. Snack will include a healthy option of whole grains or items low in sugar and absent of trans-fat and include a fresh fruit or vegetable.</p> <p><b>Lunch will need to be provided each day for your child. Please provide meals that will fuel them with the vitamins they need to help them stay energized and focus during the day.</b></p>
<b>REFLECTION</b>	Y- Chats help our participants ask meaningful questions, connect with one another, listen to others, and build trust- all skills that have been shown to result in higher achievement. Daily Chats are organized to help participants develop self-awareness, self-management, social-awareness, relationship skills, and responsible decision making.
<b>POWER UP</b>	Physical Learning Activities for Youth that will get them moving and enjoying outdoor games while learning about nutrition, health, and well-being.

<p><b>LEVEL UP ROTATIONS</b></p>	<p>Counselor led rotation of activities with clear objectives including:</p> <ul style="list-style-type: none"> <li>- Arts &amp; Humanities</li> <li>- Math Enrichment</li> <li>- Literacy Enrichment</li> <li>- Nutrition</li> <li>- Leadership Development and Service Learning</li> <li>- STEM</li> <li>- College and Career Readiness</li> <li>- Diversity, Inclusion, and Global Awareness</li> </ul>
<p><b>MINDFULNESS</b></p>	<p>Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Using proven techniques, participants will take much needed brain breaks and learn how to be mindful.</p>
<p><b>STEAM</b></p>	<p>Lessons are hands-on and project-based. We encourage participants to solve problems by using concepts and skills in science, technology, engineering, art and math. This program allows students to participate in engaging projects while introducing them to STEAM careers. Staff lead students through a process of investigating concepts and identifying 4-6 week project units such as planting a sustainable garden, develop a campaign to promote environmental sustainability, or developing a new invention.</p>
<p><b>READY READERS</b></p>	<p>Participants will participate in this exciting program that helps prevent learning loss. By including at least 30 minutes of reading time twice a week, KEY Readers shows kids that reading is fun and builds their reading skills.</p>
<p><b>FAMILY CONNECT</b></p>	<p>Family time spent together is so important to a child's success. Participants will provide monthly activities, recipes, or some conversation starters to strengthen the bonds of family. A share space will be set up to share pictures and stories with your Y community. We will host bi-monthly COVID friendly events for all families to enjoy!</p>
<p><b>COMMUNITY CONNECT</b></p>	<p>Strengthening community is the foundation of the YMCA. We believe in the value of teaching the importance of giving back and uniting as a community during a time of need as well as fostering a sense of belonging with our Y community. These monthly projects will be planned and implemented by youth for all families to participate in.</p>