

SDUHSD COAST ACADEMY-DRAFT  
Distance Learning Bell Schedule - Fall 2020

<https://www.sduhsd.net/Parents--Students/Distance-Learning-Model/index.html>

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:30am-9:30am</b> 60 min	<b>Student Support</b> Asynchronous Learning, Teacher Prep, Student Check-Ins, Teacher Collaboration, IEP Meetings				
<b>9:30am-10:30am</b> 60 min	<b>Block 1 – Up to 45 minutes of synchronous instruction &amp; 15+ minutes of asynchronous instruction</b> Morning Routine/Social & Emotional Learning (i.e. Check-In, Daily Schedule, Community Circle, Current Events)				
<b>10:30am-11:00am</b> 30 min	<b>Screen Break</b>				
<b>11:00am-12:00pm</b> 60 min	<b>Block 2 – Up to 45 minutes of synchronous instruction &amp; 15+ minutes of asynchronous instruction</b> Transition Skills (i.e. Life Management, Personal Management, Career Management, Social Skills, Technology Lab)				
<b>12:00pm-12:45pm</b> 45 min	<b>Lunch Break</b>				
<b>12:45pm-1:45pm</b> 60 min	<b>Block 3 – Up to 45 minutes of synchronous instruction / 15+ minutes of asynchronous instruction</b> Independent Living Skills (i.e. Safety, CBI, Cooking, Laundry, Hygiene, Chores, Time Management)				
<b>1:45pm-2:00pm</b> 15 min	<b>Screen Break</b>				
<b>2:00pm-3:00pm</b> 60 min	<b>Block 4 – Up to 45 minutes of synchronous instruction / 15+ minutes of asynchronous instruction</b> Recreation & Leisure (i.e. Music, Art, Health/Fitness, Clubs, Socialization)				
<b>3:00pm-3:30pm</b> 30 min	<b>Student Support</b> Asynchronous Learning, Teacher Prep, Student Check-Ins, Teacher Collaboration, IEP Meetings				

**\*Mira Costa Community College-** Virtual support for Zoom courses based on student enrollment

**\*Related Services-** Built into weekly schedule to support synchronous & asynchronous learning based on individual student need