



Sample Day Plan for Grades 7-12

Morning Routine

ELA

60-90 minutes daily

Screen Time

iXL – ELA	(Grades 7-8)
Khan Academy	(Grades 7-12)
ACT Academy	(Grades 9-12)
Sheppard Software	(Grades 7-12)
LPB	(Grades 7-8)
CLEP	(Grades 9-12)
Modern States	(Grades 9-12)
AP	(Grades 9-12)
Moby Max	(Grades 7-8)
<i>For students who remember their Moby Max login:</i>	
Moodle STPPS - Moby Max	
Chomp Chomp	(Grades 7-12)
Achieve 3000	(Grades 7-12)
PBS Learning Media	(Grades 7-12)
US Mint	(Grades 7-12)

Screen Free

Reading (silent or oral)
Non screen time activities – ELA
Weekly Writing Activity

Break

Social Studies

30 minutes daily

Screen Time

iXL – Social Studies	(Grades 7-8)
Khan Academy	(Grades 9 -12)
ACT Academy	(Grades 9-12)
Sheppard Software	(Grades 7-12)
Library of Congress	(Grades 7-12)
iCivics	(Grades 7-12)
American History	(Grades 7-12)
CLEP	(Grades 9-12)
Modern States	(Grades 9-12)
AP	(Grades 9-12)
Moby Max	(Grades 7-8)
<i>For students who remember their Moby Max login:</i>	
Moodle STPPS - Moby Max	
Kids National Geographic	(Grades 7-8)
Ben's Guide	(Grades 7-8)
PBS Learning Media	(Grades 7-12)
US Mint	(Grades 7-12)

Screen Free

Non screen time activities (Social Studies)

Lunch

Afternoon Routine

Physical Activity

30 minutes daily

Screen Time

[GoNoodle](#)

Screen Free

Push Ups
Jumping Jacks
Jogging in place
Dance

Math

60-90 minutes daily

Screen Time

iXL – Math	(Grades 7-8)
Khan Academy	(Grades 9 -12)
ACT Academy	(Grades 9-12)
Sheppard Software	(Grades 7-12)
CLEP	(Grades 9-12)
Modern States	(Grades 9-12)
AP	(Grades 9-12)
Moby Max	(Grades 7-8)
<i>For students who remember their Moby Max login:</i>	
Moodle STPPS - Moby Max	
AAA Math	(Grades 7-8)
CK-12	(Grades 7-12)
Curriculum Associates	(Grades 7-12)
PBS Learning Media	(Grades 7-12)
US Mint	(Grades 7-12)

Screen Free

Non screen time activities (Math)

Break

Science

30 minutes daily

Screen Time

iXL – Science	(Grades 7-8)
Khan Academy	(Grades 9 -12)
ACT Academy	(Grades 9-12)
Sheppard Software	(Grades 7-12)
CLEP	(Grades 9-12)
Modern States	(Grades 9-12)
AP	(Grades 9-12)
Moby Max	(Grades 7-8)
<i>For students who remember their Moby Max login:</i>	
Moodle STPPS - Moby Max	
Kids National Geographic	(Grades 7-8)
Carolina Learning	(Grades 7-12)
PBS Learning Media	(Grades 7-12)
US Mint	(Grades 7-12)

Screen Free

Non screen time activities (Science)