



Balanced Schedule Handout

Balanced Schedule

Directions: A balanced program provides a variety of activities for students and intentionally fulfills the needs of all stakeholders. It may include three types of activities: Academic Intervention (AI), Academic Enrichment (AE) and Recreation (Rec). Review and compare the two weekly schedules shown below. Which one is balanced—Schedule A or Schedule B? Why?

A: Third-Grade Schedule for XYZ Elementary 21st CCLC Program

Time	Monday	Tuesday	Wednesday	Thursday	Friday
2:45-3:15 p.m.	Arrival, Sign-in, Snack				
3:00-3:15 p.m.	Opening Circle				
3:15-3:20 p.m.	Transition				
3:25-4:10 p.m.	Homework (AI)	Tutoring with University Buddies (AI)	Homework (AI)	Tutoring with University Buddies (AI)	Homework Help (AI)
4:10-4:15 p.m.	Transition				
4:10-4:55 p.m.	Reader's Theater (AE)	Gardening (AE)	Gardening (AE)	Reader's Theater (AE)	Gardening (AE)
4:55-5:00 p.m.	Transition				
5:00-5:35 p.m.	Soccer (Rec)	Basketball (Rec)	Lacrosse (Rec)	Dance (Rec)	Track and Field (Rec)
5:35-5:40 p.m.	Transition				
5:40-5:55 p.m.	Closing				
5:55-6:00 p.m.	Bus Dismissal				
6:00 p.m.	Pick-up Dismissal				

B: Fourth-Grade Schedule for XYZ Elementary 21st CCLC Program

Time	Monday	Tuesday	Wednesday	Thursday	Friday
2:45-3:30 p.m.	Arrival, Sign-in, Snack, Homework (Cafeteria)				
3:30-4:30 p.m.	Tutoring with University Buddies (AI) (RM 203/204)	Tutoring with University Buddies (AI) (RM 203/204)	Tutoring with University Buddies (AI) (RM 203/204)	Tutoring with University Buddies (AI) (RM 203/204)	Tutoring with University Buddies (AI) (RM 203/204)
4:30-5:15 p.m.	Soccer (Rec) (Gym)	Dance (Rec) (Auditorium)	Lacrosse (Rec) (Gym)	Dance (Rec) (Gym)	Track and Field (Rec) (Gym)
5:15-5:50 p.m.	Reader's Theater (AE) (Library)	English Language Arts Test Prep (AI) (Technology Room)	English Language Arts Test Prep (AI) (Technology Room)	Math Test Prep (AE) (Library)	Gardening (AE) (Library)
5:50-5:55 p.m.	Transition to Dismissal				
5:55-6:00 p.m.	Bus Dismissal (Front Door)				
6 p.m.	Pick-up Dismissal (Cafeteria)				