

MONDAY
Live Virtual Sessions

- **10:30am:** [SFR](#)
- **12:00pm:** [Lunchtime Fitness](#)
- **2:00pm:** [2:00pm: 4th & 5th Grade Healthy Habits](#)
- **3:00pm:** [Read Naturally*](#)
- **4:00pm:** [Read Naturally*](#)

On Demand Activities

- **Art**
 - [Summer Selfie](#)
- **Get Up & Move**
 - [Just Run](#)
- **Power Period**
 - [Today in Sports History](#)
- **Science**
 - [Club Zoom](#)
- **Tech Time**
 - [Online Safety Basics](#)

TUESDAY
Live Virtual Sessions

- **10:30am:** [Art](#)
- **3:00pm:** [Read Naturally*](#)
- **4:00pm:** [Read Naturally*](#)

On Demand Activities

- **Art**
 - [DIY Sailboat](#)
- **Get Up & Move**
 - [Rugby Drills](#)
 - [Just Run](#)
- **Science**
 - [Club Zoom: Are You a Triangle or a Rectangle](#)
- **Tech Time**
 - [Programming Languages](#)

WEDNESDAY
Live Virtual Sessions

- **10:30:** [SFR Programming](#)
- **12:00pm:** [Lunchtime Fitness](#)
- **3:00pm:** [Read Naturally*](#)
- **4:00pm:** [Read Naturally*](#)
- **5:00pm:** [Art](#)

On Demand Activities

- **Science**
 - [Club Zoom: Backpack Science](#)
- **Tech Time**
 - [QWERTY](#)

THURSDAY
Live Virtual Sessions

- **10:30am:** [Art](#)
- **3:00pm:** [Read Naturally*](#)
- **4:00pm:** [Read Naturally*](#)

On Demand Activities

- **Art**
 - [Alternative Arts](#)
- **Get Up & Move**
 - [10 Second Challenge](#)
 - [Just Run](#)
- **Science**
 - [Club Zoom: Floating Paperclip](#)
- **Tech Time**
 - [Rock, Paper, Scissors, Code](#)

FRIDAY
Live Virtual Sessions

- **12:00pm:** [Triple Play](#)
- **4:00pm:** [Kahoot](#)
- **5:00pm:** [Scattergories](#)

On Demand Activities

- **Art**
 - [Ice Cream Tower](#)
 - [Explore Your World: The Adventures of Bella and Kora](#)
- **Get Up & Move**
 - [Just Run](#)
- **Tech Time**
 - [Coding in Scratch](#)