

Mixed Model Sample Schedule

Minutes Allotted	Activity
90	Arrival/Centers/Breakfast offered to children in a program that has extended hours entirely at the beginning of their day.
10	Clean up
20	Arrival for children who are in attendance for 6 hours and 20 minutes only or arrival for a mixed model classroom that all children (SDY and EDY) begin at the same time. Arrival activity options /Breakfast offered to children arriving at the program at this time Tooth brushing for children who are in attendance for extended hours (please note this applies to children in Head Start ONLY).
10	Whole group meeting
80	Centers/Clean up
40	Gross motor and transition
10	Clean up/Handwashing
20	Lunch
10	Toileting/Handwashing
60	Rest
10	Clean up
10	Whole Group Meeting
60	Centers/Clean-up
40	Gross motor and transition
10	Handwashing/Snack (all) Goodbye and Dismissal (for children who are in attendance for 6 hours and 20 minutes and children who are in attendance for 8 hours and have reached the end of their 8 hour day)
40	Centers/clean up
40	Gross motor and transition
10	Handwashing
30	Quiet dismissal activities Goodbye and Dismissal (for children who are in attendance for 8 hours and have reached the end of their 8 hour day)

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This is a sample schedule that reflects the different program hour options for a mixed model classroom. When looking at this sample schedule:

- Identify which EDY program hours you are contracted to provide; 8 hour or 10 hours.
 - For an EDY 10 hour program mixed with SDY, you will look at the blue and green colored bars. Please note that you may decide to have your extended hours with a combination of the hours before and after the 6 hour and 20 minute school day or completely before or after the 6 hour and 20 minute school day depending on the needs of your community.
 - For an EDY 8 hour program mixed with SDY, you can select the orange, yellow or purple colored bars depending the needs of your community. Yellow identifies all extended hours before SDY, orange identifies all extended hours after SDY and purple splits the time between before and after extended hours.
 - There is flexibility in the structure of daily events and when activities may be offered during the day. However, all children in a classroom should have similar experiences and access to the same resources and opportunities, regardless of the service model they are enrolled in. This includes sufficient time in their day for free play and gross motor activities.

Schedules should be modified according to the needs of each program and classroom. When creating a classroom schedule, consider the following:

- Children should be given nutritious food (meals/snacks) at least every two to three hours unless they are sleeping.
- Adjust the length of meal times based on the needs of children in the group. Younger children may require additional time to eat.
- Adjust the length of rest time to suit the needs of the group and individual children; the needs may change over the course of the year. Children in Pre-K programs may require less rest, however, additional rest time may be needed for children in 3-K for All classrooms. All age groups must have at least one nap/rest period daily.
- Children should be able to use the bathroom throughout the day as needed. Group bathroom trips can cause long waits and are not recommended.
- Consider ways to ensure that transitions are smooth and gradual where children are meaningfully engaged instead of waiting with nothing to do. Time where children are waiting without being engaged should not exceed three minutes.
- Consider dismissal times for children who are enrolled for 6 hours and 20 minutes so that most children leave during transitions between activities/daily events.
- According to the ECERS-3 tool, high-quality programs prioritize offering children daily free play activities, with a variety of materials, for at least one-third of the day, as well as time outdoors for gross motor play. This means that, during any given three-hour period (both in the morning and afternoon), children have at least one hour of Center Time and at least 30 minutes of outdoor gross motor play.
- The table below shows daily time requirements:

Program Length	6 hr. 20 min	8 hr.	10 hr.
Indoor Free Play/Center Time	2 hrs 7 min	2 hrs. 40 min	3 hrs. 20 min
Outdoor Gross Motor Play	1 hr.	1 hr.	1 hr.

- Children enrolled for varying hours should have the opportunity to engage in these activities for sufficient time based on the amount of time they are in attendance. In this sample schedule the 10 hour time block, both 8 hour time blocks as well as the 6 hour and 20 minute block allows for children to have opportunities to play in centers for 1/3rd of the day as well as satisfying the hour of gross motor play required.