

H.E.S.

Remote UPK Schedule

8:45a.m - 9:00am

Arrival Time/Log In

9:00a.m-9:15a.m

Live Morning Meeting

9:15a.m- 10:15a .m

Outdoor/Gross Motor
(Recorded Music & Movement)

10:15a.m-11:15p.m

Discovery (Explore materials in
your home i.e. scavenger hunt,
building, experiments etc)

11:15p.m-12:00p.m

Live Activity

12:00p.m-1:00 p.m

Lunch

1:00p.m-2:00 p.m

Rest/ Recorded Session

2:00p.m-2:45 p.m

Live Session/ Reflection Activity

2:50 p.m

Dismissal