

Full day sample schedules: group child care & family child care

Full Day Sample Schedule: Group Child Care		
Arrival, preparation & choice activities	30 minutes (before and while children arrive)	Music & Movement interest area available
Group meeting	20 minutes	Teacher-Led Physical Activity Integrated into Content
Choice time	60 minutes	Music & Movement Interest area available
Cleanup, handwashing and snack	20 minutes	Activity related to transition
Small groups	20 minutes	Integration of Physical Activity into studies (i.e. math, literacy)
Outdoor choice time	40 minutes	Teacher-Led Physical Activity Included
Read-aloud	15 minutes	Acting out Story
Lunch & Meaningful Conversation	40 minutes	
Rest and quiet activities	45 minutes	
Outdoor choice time	30 minutes	Teacher-Led Physical Activity Included
Read-aloud	15 minutes	Acting out Story
Limited choices and small groups	30 minutes	Movement Interest Area available and/or Integration of Physical Activity into studies (i.e. math, literacy)
Group meeting and departures	20 minutes	Teacher-Led Physical Activity Integrated into Content
Teacher planning time		Intentionally include physical activity in tomorrow's plan

Full Day Sample Schedule: Family Child Care		
Early morning and arrival		
Morning circle	15 minutes	Teacher-Led Physical Activity Integrated into Content
Morning choice time and snack	1 hour	Music & Movement Interest area available
Outdoor play	1 hour	Teacher-Led Physical Activity Included
Transition indoors and to group read-aloud time	1/2 hour	Activity related to transition and acting out Story
Lunch & Meaningful Conversation	30-45 minutes	
Nap time and afternoon snack	1-2 hours	
Afternoon choice time and outdoor play	2 hours	Music & Movement Interest area available & Teacher-Led Physical Activity Included Outdoors
Transition and afternoon meeting	1/2 hour	Activity related to transition & Teacher-Led Physical Activity Integrated into Content
End of the day		Physical Activity Options available (i.e. Music & Movement Interest Area)