INSTRUCTION

Elementary Instructional Day

This regulation describes the organization of the six hours and 10 minutes, elementary instructional day, with guidelines and descriptions of instructional blocks of time, including time allocations, remediation, and teacher planning time.

I. Definitions

A. **Core** – Instruction in reading/language arts, mathematics, science, and social studies.

B. **Core Extension** – Needs-based extended instruction, not new instruction, in reading/language arts, mathematics, science and/or social studies. This shall include remediation and/or enrichment, strings, and special services as appropriate. This may include instruction in other encore areas, based upon individual school needs.

C. **Special Services** – Resource services such as special education, Title I, gifted education, and English for Speakers of Other Languages (ESOL).

D. **Encore** – Instruction in art, music, physical education, and other subjects outside the core.

E. **Rotation** – The scheduling of encore classes.

II. Organization of the School Day

The elementary schedule shall provide consistency in the instructional day. The implementation of the Prince William County curriculum in all content areas shall maximize allocated instructional time. The schedule shall provide opportunity for remediation during the school day, and daily individual and grade level planning time for teachers. The schedule allows for flexibility in the scheduling of lunch and recess.
III. Daily Core Content Instruction*

Listed below are the minimum time requirements for core content instruction at the elementary level. To meet the time requirements as well as learner’s needs, cross content instructional strategies are expected.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Reading/ Language Arts</th>
<th>Mathematics</th>
<th>Science and Social Studies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindergarten</td>
<td>140 minutes</td>
<td>70 minutes</td>
<td>45 minutes</td>
</tr>
<tr>
<td>Grades 1 and 2</td>
<td>120 minutes</td>
<td>90 minutes</td>
<td>45 minutes</td>
</tr>
<tr>
<td>Grades 3, 4, 5</td>
<td>90 minutes</td>
<td>75 minutes</td>
<td>90 minutes (45 minutes each)</td>
</tr>
</tbody>
</table>

*These times include travel time

IV. Use of Core Extension

Core Extension may be scheduled throughout the day by grade level to maximize the effective use of professional educators. Core Extension shall be 45 minutes for students in grades kindergarten through fifth to offer enrichment, intervention, and remediation. Students who have failed the SOL tests in reading/language arts and/or math and students who are below grade level in those subjects shall receive remediation according to Regulation 649-1.

Time allotments for specific resource programs follow:

Special Education – A student’s Individualized Education Program (IEP) should determine time allotments for services.

ESOL (English for Speakers of Other Languages) – A student’s English proficiency level, academic needs, and program screening results should determine time allotments for services ranging from 45 minutes to three hours daily commensurate with the most appropriate support level. Instructional support may be provided by pull out (Level 1 and 2) or inclusion (Levels 3 and 4).

Gifted Education – A student’s grade level should determine minimum time allotments for START and SIGNET services.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Allotments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindergarten</td>
<td>45 minutes every other week</td>
</tr>
<tr>
<td>Grades One and Two</td>
<td>45 minutes each week</td>
</tr>
<tr>
<td>Grade Three</td>
<td>90 minutes each week</td>
</tr>
<tr>
<td>Grades Four and Five</td>
<td>225 minutes each week</td>
</tr>
<tr>
<td></td>
<td>These minutes may be provided on-site or in an off-site center</td>
</tr>
</tbody>
</table>

Strings Instruction – Fifth grade strings instruction shall be offered a minimum of two 30 - 45 minute classes per week.
V. Encore Instruction

Instructional time in art, music, physical education, and other encore subjects (as determined by the school) for grades kindergarten through fifth shall be 45 minutes. Schools shall schedule art and music to meet at least once in a five- or six-day rotation. Physical education shall meet at least twice in six days. These classes may meet more frequently, every three, four, or five days.

VI. School Closings

When school is closed for holidays or due to inclement weather or other unscheduled reasons, the rotation shall resume the next day of student attendance (i.e., if school is closed due to inclement weather on day three of the rotation, the next day that school is in session would be day three). However, strings and START programs shall follow their designated schedule.

VII. Unstructured Recreational Time

Schools shall provide no less than 30 minutes of unstructured recreational time each day and this time shall be included in the calculation of total instructional time. Ten of these minutes can be conducted in the classroom informally, as the school determines during the course of the day. Unstructured recreational time is defined as time allocated for students to develop teamwork, social skills, and improve overall physical fitness. These activities may include, but are not limited to:

- Playground activities;
- Walking (indoor/outdoor);
- Dance time;
- Choice of sports/fitness activities with available space and equipment;
- Gross motor exploratory activities;
- Time to talk or socialize in small groups;
- “Plus 5 Fitness”;
- “Go Noodle”; and
- “Peace Paths.”

School staff shall consult with their school’s health and physical education teacher, music teacher, art teacher, and Wellness Committee for additional ideas and suggestions. Note, unstructured recreational time is in addition to and not a substitute for physical education.
VIII. Teacher Planning

A daily, unencumbered, 45-minute block of planning time shall be provided within the instructional day for all teachers. This shall include both individual and team planning.

The Associate Superintendent for Student Learning and Accountability (or designee) is responsible for implementing and monitoring this regulation.

This regulation and related policy shall be reviewed at least every five years and revised as needed.