

HISD | Academics

LEARN, CREATE, ACHIEVE

ACTIVITY	DESCRIPTION	TIME	FREQUENCY
Digital check-ins with homeroom and/or content-area teachers	Teachers connect with students using online collaboration tools such as Microsoft Teams	15-20 minutes per content area/course	Daily
Independent work in core foundation courses (ELA, math, science, social studies)	Students engage in learning activities using core content course lessons provided	15-20 minutes per content area/course	Daily
Independent work core enrichment courses (HPE and Fine Arts)	Students engage in learning activities for their enrichment courses	15-20 minutes per content area/course	Daily
Physical activity	Students engage in safe physical activity of their choosing (e.g., walk, jog, skip, ride a bike, jump rope, calisthenics, yoga, work out, etc.)	30-60 minutes	Daily
Other student choice activities	Students can read, write, create, plan, connect, or do anything else that is of interest to them	As desired	As desired