

Apopka Child Academy

Three year old Schedule (5:30am-6:30pm)

5:30 – 8:30	Greeting/Hand washing/Breakfast/Center Exploring (All Centers Open) (Hand washing before & after meals.)
8:30 - 9:00	Opening Time
9:00 - 9:30	Circle Time/ Self Help skills(Diapering/Toileting)
9:30 - 10:00	Small Group Art Activities/Center Exploring (All centers Open) Teacher Directed Art
10:00-10:15	Music
10:15 - 10:30	Spanish Class(Diapering/Toileting)
10:30 - 11:00	Outdoor Active Physical Play (Sand/Water Activities Available Daily)
11:00 – 11:30	Lunch (Hand washing before & after meals.)
11:30 – 12:00	Nap Preparation/ Potty Time (Hand washing before & after)
12:00 – 2:00	Nap Time
2:00 – 2:30	Potty Time/ Wake up/Cleaning up from nap time/Story Time
2:30 – 3:00	Snack (Hand Washing before & after meals.)
3:00 - 3:30	Small Group Art Activities/Center Exploring (All centers Open) Teacher Directed Art
3:30-4:00	Tabletop(Self Help skills(Diapering/Toileting)
4:00-4:30	Outdoor Active Physical Play (Sand/Water Activities Available Daily)
4:30 – 5:00	Literacy Time / Handwriting Practice
5:00 - 5:30	Music & Movement Activity/Alternative Activities also Available
5:30 – 6:00	Fine Motor/ (Diapering/Toileting)
6:00 - 6:30	Tabletop(Self Help skills(Diapering/Toileting)
6:30 – 7:00	Story Time

This Schedule May Change to the Needs of the Children or due to any weather conditions

Alternate activity: Duck Duck Goose & Gross motor exercises such as hopping on one foot, stretching, rolling a softball.

Revised 3/2019