



The Junior Program: Weekly Schedule

BLOCK	START	TIME	MINS	Grade 5/6	Grade 7/8
1	8:30	105	45	Movement of the Week (Mr. Carota)	French (Ms. Jarvis)
				Individual Goals (Mr. Carota)	
			45	French (Ms. Jarvis)	Movement of the Week (Mr. Carota)
			15	Prepare for Sport	
2	10:15	80	75	Sport Specific Training (Hockey)/Workout (Lacrosse)	
3	11:35	80	5	Mindfulness	
			75	Language/Social Studies (Mr. Mann)	Math/Science (Mr. Carota)
4	12:55	50	25	Lunch	
			25	Play with Purpose	
5	1:40	80	75	Sport Specific Training (Lacrosse)/Workout (Hockey)	
6	3:00	80	5	Weekly Theme	
			70	Math/Science (Mr. Carota)	Language/History/Geography (Mr. Mann)
			5	End of Day Reflections	