



## **Middle School Trimester Schedule**

There are many similarities between the middle school and high school model schedule. The basic premise behind the schedule is more time on core classes and less time in electives. Middle school students should have shorter periods, lots of elective choices, and a scope and sequence to their curriculum as the backbone of the [master time schedule](#).

The core subjects are on a three and two-term rotation. Math and language arts are three terms long and meet all year long in seventh grade. Science and social studies meet for only two terms in seventh grade. In eighth grade the core changes to math and English for two terms with science and social studies meeting all three terms. The two open blocks in each grade not filled by core classes are filled with physical education classes for teaching the health components and allowing for much more content time in the core area.

The schedule allows transition between staff members and students. Staff can teach different schedules depending on the district needs in each trimester. I recommend that districts have a contractual instructional minute limit for staff. For example, a 300-minute rule for teachers that allows them to teach in different areas, but for no more than the limit of instructional minutes.

Another huge benefit of the schedule is to have middle school students repeat failures by not being in physical education. Middle school retention can take place by holding a student for the first trimester before moving them to high school. If students fail more than two core subjects, they should earn their way to high school. During the fall a retained student should be able to participate in athletics at the high school to establish some constructive peer pressure. When the student is moved to the high school, the student should be treated like a new transfer student and have his/her credits adjusted for graduation. Middle school classes should not count for high school credit. They only allow students to move into the next level in high school.

Teachers need to spend some time to make their curriculums adjust to the change. A benchmark check off should be done, and placing benchmarks into terms is a must. Testing time frames should be considered when making the content map. It is an adjustment for the content teacher who only sees the students two terms. The other staff sees little change. The middle school needs to inform the high school of at-risk students to put them in the “A” sections for core classes in the fall. This would include classes in which the student received less than a “C-” grade. The placement of at-risk freshmen is a critical part of giving them the benefit of the trimester and an example of using the information we already know. This placement of underachieving students should be used when students move from 6 to 7 and 7 to 8, as well.

At the very less, middle schools should move to a trimester schedule that has six equal periods. This schedule will allow a lot of elective choices and increase parental communication. The only question to resolve is the number of terms of physical education that will be required of students. More physical education will result in either less content time or fewer elective choices.

		Middle School Time Schedule		
Period	7th Gr.	Fall Term	Winter Term	Spring Term
HR/1st Hour	7:50-9:12	1 (20+62 min)	7 (20+62 min)	13 (20+62 min)
2nd Hour	9:17-10:19	2 (62 min)	8 (62 min)	14 (62 min)
3rd Hour	10:24-11:26	3 (62 min)	9 (62 min)	15 (62 min)
Lunch	11:26-11:56			
4th Hour	12:00-1:02	4 (62 min)	10 (62 min)	16 (62 min)
5th Hour A	1:07-1:54	5 (47 min)	11 (47 min)	17 (47 min)
5th Hour B	1:58-2:45	6 (47 min)	12 (47 min)	18 (47 min)

Period	8th Gr.	Fall Term	Winter Term	Spring Term
HR/1st Hour	7:50-9:12	1 (62 min)	7 (62 min)	13 (62 min)
2nd Hour	9:17-10:19	2 (62 min)	8 (62 min)	14 (62 min)
3rd Hour	10:24-11:26	3 (62 min)	9 (62 min)	15 (62 min)
Lunch	11:26-11:56			
4th Hour A	12:00-12:47	4 (47 min)	10 (47 min)	16 (47 min)
4th Hour B	12:51-1:38	5 (47 min)	11 (47 min)	17 (47 min)
5th Hour	1:43-2:45	6 (62 min)	12 (62 min)	18 (62 min)
<b>Sample 7th Grade Schedule</b>		<b>Mrs. Jones</b>	<b>Mrs. Jones</b>	<b>Mrs. Jones</b>
	<b>1</b>	<b>Math A</b>	<b>Math B</b>	<b>Math C</b>
	<b>2</b>	<b>English A</b>	<b>English B</b>	<b>English C</b>
	<b>3</b>	<b>Science A</b>	<b>Science B</b>	<b>PE 7 B</b>
	<b>4</b>	<b>Soc. Stud. A</b>	<b>PE 7 A</b>	<b>Soc. Stud. B</b>
	<b>5A</b>	Band/TechEd/etc	Band/Life Skills/etc	Band/Comp/etc
	<b>5B</b>	Adv PE/Choir/Tech.Ed	Art/Choir/Comp/etc	Read/Choir/St.Skills

<b>Sample 8th Grade Schedule</b>		<b>Mrs. Smith</b>	<b>Mrs. Smith</b>	<b>Mrs. Smith</b>
	<b>1</b>	<b>Math A</b>	<b>PE 8 A</b>	<b>Math B</b>
	<b>2</b>	<b>English A</b>	<b>English B</b>	<b>PE 8 B</b>
	<b>3</b>	<b>Science A</b>	<b>Science B</b>	<b>Science C</b>
	<b>4A</b>	<b>Art/Yearbook/Span.</b>	<b>Life Sk./Yrbook/Span.</b>	<b>Adv. Comp/Yrbook/Span.</b>
	<b>4B</b>	<b>Band/Choir/Tech.Ed</b>	<b>Band/Choir/Adv.PE</b>	<b>Band/Choir/St.Skills</b>
	<b>5</b>	<b>Soc. Stud. A</b>	<b>Soc. Stud. B</b>	<b>Soc. Stud. C</b>

**Or**

<b>Basic Setup</b>	<b>Fall</b>	<b>Winter</b>	<b>Spring</b>
1 <sup>st</sup> Period (60 min.)	<b>1</b>	<b>7</b>	<b>13</b>
2 <sup>nd</sup> Period (60 min.)	<b>2</b>	<b>8</b>	<b>14</b>
3 <sup>rd</sup> Period (60 min.)	<b>3</b>	<b>9</b>	<b>15</b>
4 <sup>th</sup> Period (60 min.)	<b>4</b>	<b>10</b>	<b>16</b>
5 <sup>th</sup> Period (60 min.)	<b>5</b>	<b>11</b>	<b>17</b>
6 <sup>th</sup> Period (60 min.)	<b>6</b>	<b>12</b>	<b>18</b>
<b>Sample Schedule</b>			
<b>Full Year Cores</b>	<b>Fall</b>	<b>Winter</b>	<b>Spring</b>
1 <sup>st</sup> Period (60 min.)	<b>Math</b>	<b>Math</b>	<b>Math</b>
2 <sup>nd</sup> Period (60 min.)	<b>English</b>	<b>English</b>	<b>English</b>
3 <sup>rd</sup> Period (60 min.)	<b>Science</b>	<b>Science</b>	<b>Science</b>
4 <sup>th</sup> Period (60 min.)	<b>Social Studies</b>	<b>Social Studies</b>	<b>Social Studies</b>
5 <sup>th</sup> Period (60 min.)	<b>PE/Health</b>	<b>PE/Health</b>	<b>Computer</b>
6 <sup>th</sup> Period (60 min.)	<b>Band</b>	<b>Band</b>	<b>Band</b>
<b>Partial Year Cores 8<sup>th</sup> Grade</b>	<b>Fall</b>	<b>Winter</b>	<b>Spring</b>
1 <sup>st</sup> Period (60 min.)	<b>Math</b>	<b>Math</b>	<b>PE / Health</b>
2 <sup>nd</sup> Period (60 min.)	<b>English</b>	<b>PE / Health</b>	<b>English</b>
3 <sup>rd</sup> Period (60 min.)	<b>Science</b>	<b>Science</b>	<b>Science</b>
4 <sup>th</sup> Period (60 min.)	<b>Social Studies</b>	<b>Social Studies</b>	<b>Social Studies</b>
5 <sup>th</sup> Period (60 min.)	<b>Art</b>	<b>Home Ec.</b>	<b>Computer</b>
6 <sup>th</sup> Period (60 min.)	<b>Band</b>	<b>Band</b>	<b>Band</b>
<b>Partial Year Cores 7<sup>th</sup> Grade</b>	<b>Fall</b>	<b>Winter</b>	<b>Spring</b>
1 <sup>st</sup> Period (60 min.)	<b>Math</b>	<b>Math</b>	<b>Math</b>
2 <sup>nd</sup> Period (60 min.)	<b>English</b>	<b>English</b>	<b>English</b>
3 <sup>rd</sup> Period (60 min.)	<b>PE / Health</b>	<b>Science</b>	<b>Science</b>
4 <sup>th</sup> Period (60 min.)	<b>Social Studies</b>	<b>Social Studies</b>	<b>PE / Health</b>
5 <sup>th</sup> Period (60 min.)	<b>Art</b>	<b>Home Ec.</b>	<b>Computer</b>
6 <sup>th</sup> Period (60 min.)	<b>Band</b>	<b>Band</b>	<b>Band</b>