

4-DAY PER WEEK PULL-OUT REGIMEN

8 DAYS PER BENCHMARK

[GRADE 3 - 5]



DAY

1

50 MINUTES

DOK 1: Basic Recall & Recognition

Benchmark Power Drill: Gradual Release of Basic Skills (20 min)
Smart to the Core Booklet: Train the Brain Practice 1 (Basic Skills) (15min)
Smart to the Core Booklet: Target Practice 1 (Basic Application) (15 min)

DAY

2

50 MINUTES

DOK 1, 2, and 3: Basic Recall, Recognition, and Applying Skills

Rock Climbing Review: Journaling with Mixed Daily Review - Day 2 (20 min)
Hands on Math: Activity by Benchmark (15 min)
Hands on Math: Journaling and Extension Questions (15 min)

DAY

3

50 MINUTES

DOK 1 & 2: Basic Application

Rock Climbing Review: Journaling with Mixed Daily Review - Day 3 (10 min)
Benchmark Power Drill: Gradual Release of Basic Application (15 min)
Smart to the Core Booklet: Train the Brain Practice 2 (Basic Skills) (15 min)
Smart to the Core Booklet: Target Practice 2 (Basic Application) (10 min)

DAY

4

50 MINUTES

DOK 2 & 3: Applying Skills & Concepts/Strategic Thinking

Rock Climbing Review: Journaling with Mixed Daily Review - Day 4 (10 min)
Mathables® by Benchmark : Foldable Activity (20 min)
Mathables® by Benchmark: Think Tank Journaling (20 min)

DAY

5

50 MINUTES

DOK 3 & 4: Strategic & Extended Thinking

Company Drill Game: Review by Benchmark (10 min)
Benchmark Power Drill: Gradual Release Strategic Thinking (20 min)
Smart to the Core Booklet: Train the Brain Practice 3 (Application) (20 min)

DAY

6

50 MINUTES

Assessment & Evaluation

Rock Climbing Review: Game Review (10 min)
Smart to the Core Booklet: Four Star Challenge (20 min)
Smart to the Core Booklet: Review the Assessment (20 min)

DAY

7

50 MINUTES

Small Group Instruction

Game Play (students at 3 stars or higher): Triathlon Board Game (60 min)
OR
Teacher Center: DOK Worksheets # 1 and #2 and Hands on Manipulatives (60 min)

DAY

8

50 MINUTES

Small Group Instruction

Game Play (Students at 3 stars or higher): Company Drill (60 min)
OR
Teacher Center Continued: DOK Worksheet # 3 (60 min)