# 4-Day Per Week Pull-Out Regimen

**8 Days Per Benchmark**

**Grade 3 - 5**

<table>
<thead>
<tr>
<th>Day</th>
<th>50 Minutes</th>
</tr>
</thead>
</table>
| 1   | **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) (15 min)  
Smart to the Core Booklet: Target Practice 1 (Basic Application) (15 min) |
| 2   | **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) |
| 3   | **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) |
| 4   | **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) |
| 5   | **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) |
| 6   | **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) |
| 7   | **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 Manipultatives (60 min) |
| 8   | **Small Group Instruction**  
Game Play (Students at 3 stars or higher): Company Drill (60 min)  
OR  
Teacher Center Continued: DOK Worksheet #3 (60 min) |