

Our Homeschool Day

Write the time, fill the block, tick it off · short lessons, real breaks

Date: _____

Child: _____

Grade: _____

TIME	BLOCK / SUBJECT	DONE
	Morning start	☐
		☐
		☐
	Break · snack and outside	☐
		☐
		☐
	Lunch and outside time	☐
		☐
	Independent reading	☐
		☐
		☐
	Tidy up and log the day	☐

Three must-dos today

Lesson length by age

Age 4–5	8–15 min
Age 6–8	15–25 min
Age 9–12	20–35 min
Age 13+	30–45 min

Notes for tomorrow

Stop at the timer, not at the finish line.

If attention drops before the lesson ends, close the book and come back tomorrow.

How the day actually went

One thing to keep · one thing to change

Tomorrow we start at

First subject

Our Homeschool Week

Same order every day · write the subject or page number in each box

Week of: _____

Child: _____

Grade: _____

BLOCK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning start Read-aloud, calendar					
Math					
Reading Phonics or literature					
Writing					
Loop subject Science, history, art, music					
Afternoon Outings, clubs, free reading					

This week we want to finish

Loop list · next up

How Long, by Grade

Focused lesson time only — not reading for fun, play, chores or activities

GRADE	FOCUSED TIME PER DAY	ONE SITTING
Preschool (3–4)	30–60 minutes	8–12 minutes
Kindergarten	1 to 2 hours	12–18 minutes
Grades 1–2	2 to 2.5 hours	16–24 minutes
Grades 3–5	2.5 to 3.5 hours	20–30 minutes
Grades 6–8	3 to 4 hours	25–35 minutes
Grades 9–12	4 to 5 hours	30–50 minutes

SHAPE 1

Morning block

Every subject, every day, in the same order before lunch. Best for one or two children in elementary grades. Afternoons stay free.

SHAPE 2

Loop

Math and reading daily. Everything else goes on a list and you take the next one each day. Nothing is ever “behind”, it is just next.

SHAPE 3

Four-day week

Monday to Thursday for lessons. Friday for outings, co-op, catch-up and testing. Popular once you add outside activities.

A kindergarten morning

8:30	Read-aloud and calendar
8:50	Math, 15 minutes
9:10	Snack and outside
9:40	Phonics, 15 minutes
10:00	Handwriting, 10 minutes
10:15	Free play, done for the day

A grades 3–5 morning

8:30	Read-aloud and the plan
9:00	Math, 30 minutes
9:35	Break and move
10:00	Writing, 25 minutes
10:30	Loop subject, 30 minutes
11:05	Independent reading

Change the schedule when you see these

Lessons keep running long. The sitting is too long for the age, not the child being slow. Cut it by five minutes.

One subject is always last and never done. Move it to the loop, or put it first twice a week.

Mornings start with a fight. Change the start time before you change the curriculum.

These are guidelines, not legal minimums.

A few states count school days or hours, so confirm your own rules before you lock a schedule in.