

Grade 1 Homeschool Plan

Strengthen phonics, reading confidence, addition and subtraction, and community awareness.

36 weeks Suggested full-year sequence	4 core subjects Math, ELA, science, social studies	Flexible Fridays Review, projects, field trips, catch-up	Printable-friendly Worksheets, notes, and progress checks
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PLAN AT A GLANCE		HOW TO USE THIS PLAN
Grade band	Elementary School (K-5)	1 Preview the quarter: Skim the next nine weeks and gather books, printables, and simple materials. 2 Teach the weekly focus: Use the topic as a learning target, then select practice at the student's level. 3 Keep evidence: Save a few work samples, reading notes, lab pages, and project photos. 4 Adjust without guilt: Repeat, shorten, reorder, or skip material when the learner's needs call for it.
Suggested daily time	90-120 minutes of focused academics, plus daily reading and play	
Core course path	Grade 1 Math, ELA, Science, and Community Studies	
Assessment rhythm	End-of-unit checks plus four quarterly reviews	
Recommended pace	Four focused learning days and one flexible day each week	

SUGGESTED WEEKLY RHYTHM

Monday	Tuesday	Wednesday	Thursday	Friday
Introduce and model	Guided practice	Apply and discuss	Check mastery and extend	Project, review, catch-up, or field trip

Planning note: This is a flexible, standards-informed sequence - not a state-certified curriculum, legal filing, or guarantee of credit. Verify homeschool, attendance, assessment, and graduation rules where you live.

Quarter 1 | Weeks 1-9

Two four-week learning units plus a review and showcase week. Weeks 1-9.

MATH FOCUS		ELA FOCUS		SCIENCE FOCUS	
Place value and counting to 120 / Addition and subtraction within 20		Phonemic awareness and short-vowel words / Consonant blends, digraphs, and spelling		Light, shadows, and communication / Sound and vibration	
SOCIAL STUDIES FOCUS					
Families and communities / Rules, laws, and citizenship					
Week	Math	English / ELA	Science	Social Studies	Family / Project
1	Explore & model: Place value and counting to 120	Read & notice: Phonemic awareness and short-vowel words	Observe & question: Light, shadows, and communication	Ask & source: Families and communities	Plan: Home Collection Number Study
2	Guided practice: Place value and counting to 120	Discuss & practice: Phonemic awareness and short-vowel words	Investigate & model: Light, shadows, and communication	Map/timeline & analyze: Families and communities	Build: Home Collection Number Study
3	Apply & solve: Place value and counting to 120	Write & apply: Phonemic awareness and short-vowel words	Explain from evidence: Light, shadows, and communication	Compare perspectives: Families and communities	Refine: Home Collection Number Study
4	Mastery check: Place value and counting to 120	Conference & extend: Phonemic awareness and short-vowel words	Reflect & design: Light, shadows, and communication	Communicate & connect: Families and communities	Share: Home Collection Number Study
5	Explore & model: Addition and subtraction within 20	Read & notice: Consonant blends, digraphs, and spelling	Observe & question: Sound and vibration	Ask & source: Rules, laws, and citizenship	Plan: Phonics Mini-Book
6	Guided practice: Addition and subtraction within 20	Discuss & practice: Consonant blends, digraphs, and spelling	Investigate & model: Sound and vibration	Map/timeline & analyze: Rules, laws, and citizenship	Build: Phonics Mini-Book
7	Apply & solve: Addition and subtraction within 20	Write & apply: Consonant blends, digraphs, and spelling	Explain from evidence: Sound and vibration	Compare perspectives: Rules, laws, and citizenship	Refine: Phonics Mini-Book
8	Mastery check: Addition and subtraction within 20	Conference & extend: Consonant blends, digraphs, and spelling	Reflect & design: Sound and vibration	Communicate & connect: Rules, laws, and citizenship	Share: Phonics Mini-Book
9	Spiral review, fluency check, and applied task	Portfolio check, reading conference, and polished writing	Concept map, evidence explanation, and investigation reflection	Source analysis, map/timeline review, and discussion	Quarter showcase, goal reset, and flexible catch-up
KEEP Which routines and resources worked well?		ADJUST Which skill needs more time or a different approach?		CELEBRATE Choose one work sample that shows meaningful growth.	

Quarter 2 | Weeks 10-18

Two four-week learning units plus a review and showcase week. Weeks 10-18.

MATH FOCUS Fact strategies and word problems / Length, time, and data		ELA FOCUS Long vowels and common vowel teams / Fluency, phrasing, and high-frequency words		SCIENCE FOCUS Plant and animal structures / Parents, offspring, and inherited traits		SOCIAL STUDIES FOCUS Leaders and decision making / Maps, directions, land, and water	
Week	Math	English / ELA	Science	Social Studies	Family / Project		
10	Explore & model: Fact strategies and word problems	Read & notice: Long vowels and common vowel teams	Observe & question: Plant and animal structures	Ask & source: Leaders and decision making	Plan: Shadow or Sound Investigation		
11	Guided practice: Fact strategies and word problems	Discuss & practice: Long vowels and common vowel teams	Investigate & model: Plant and animal structures	Map/timeline & analyze: Leaders and decision making	Build: Shadow or Sound Investigation		
12	Apply & solve: Fact strategies and word problems	Write & apply: Long vowels and common vowel teams	Explain from evidence: Plant and animal structures	Compare perspectives: Leaders and decision making	Refine: Shadow or Sound Investigation		
13	Mastery check: Fact strategies and word problems	Conference & extend: Long vowels and common vowel teams	Reflect & design: Plant and animal structures	Communicate & connect: Leaders and decision making	Share: Shadow or Sound Investigation		
14	Explore & model: Length, time, and data	Read & notice: Fluency, phrasing, and high-frequency words	Observe & question: Parents, offspring, and inherited traits	Ask & source: Maps, directions, land, and water	Plan: Community Map		
15	Guided practice: Length, time, and data	Discuss & practice: Fluency, phrasing, and high-frequency words	Investigate & model: Parents, offspring, and inherited traits	Map/timeline & analyze: Maps, directions, land, and water	Build: Community Map		
16	Apply & solve: Length, time, and data	Write & apply: Fluency, phrasing, and high-frequency words	Explain from evidence: Parents, offspring, and inherited traits	Compare perspectives: Maps, directions, land, and water	Refine: Community Map		
17	Mastery check: Length, time, and data	Conference & extend: Fluency, phrasing, and high-frequency words	Reflect & design: Parents, offspring, and inherited traits	Communicate & connect: Maps, directions, land, and water	Share: Community Map		
18	Spiral review, fluency check, and applied task	Portfolio check, reading conference, and polished writing	Concept map, evidence explanation, and investigation reflection	Source analysis, map/timeline review, and discussion	Quarter showcase, goal reset, and flexible catch-up		
KEEP Which routines and resources worked well?		ADJUST Which skill needs more time or a different approach?		CELEBRATE Choose one work sample that shows meaningful growth.			

Quarter 3 | Weeks 19-27

Two four-week learning units plus a review and showcase week. Weeks 19-27.

MATH FOCUS		ELA FOCUS		SCIENCE FOCUS		SOCIAL STUDIES FOCUS	
Tens, ones, and place-value reasoning / Two- and three-dimensional shapes		Story elements, characters, and sequence / Informational text and text features		Patterns in the sky / Seasonal daylight and weather		Goods, services, producers, and consumers / Then and now: change over time	
Week	Math	English / ELA	Science	Social Studies	Family / Project		
19	Explore & model: Tens, ones, and place-value reasoning	Read & notice: Story elements, characters, and sequence	Observe & question: Patterns in the sky	Ask & source: Goods, services, producers, and consumers	Plan: Classroom Store		
20	Guided practice: Tens, ones, and place-value reasoning	Discuss & practice: Story elements, characters, and sequence	Investigate & model: Patterns in the sky	Map/timeline & analyze: Goods, services, producers, and consumers	Build: Classroom Store		
21	Apply & solve: Tens, ones, and place-value reasoning	Write & apply: Story elements, characters, and sequence	Explain from evidence: Patterns in the sky	Compare perspectives: Goods, services, producers, and consumers	Refine: Classroom Store		
22	Mastery check: Tens, ones, and place-value reasoning	Conference & extend: Story elements, characters, and sequence	Reflect & design: Patterns in the sky	Communicate & connect: Goods, services, producers, and consumers	Share: Classroom Store		
23	Explore & model: Two- and three-dimensional shapes	Read & notice: Informational text and text features	Observe & question: Seasonal daylight and weather	Ask & source: Then and now: change over time	Plan: Interview About the Past		
24	Guided practice: Two- and three-dimensional shapes	Discuss & practice: Informational text and text features	Investigate & model: Seasonal daylight and weather	Map/timeline & analyze: Then and now: change over time	Build: Interview About the Past		
25	Apply & solve: Two- and three-dimensional shapes	Write & apply: Informational text and text features	Explain from evidence: Seasonal daylight and weather	Compare perspectives: Then and now: change over time	Refine: Interview About the Past		
26	Mastery check: Two- and three-dimensional shapes	Conference & extend: Informational text and text features	Reflect & design: Seasonal daylight and weather	Communicate & connect: Then and now: change over time	Share: Interview About the Past		
27	Spiral review, fluency check, and applied task	Portfolio check, reading conference, and polished writing	Concept map, evidence explanation, and investigation reflection	Source analysis, map/timeline review, and discussion	Quarter showcase, goal reset, and flexible catch-up		
KEEP Which routines and resources worked well?		ADJUST Which skill needs more time or a different approach?		CELEBRATE Choose one work sample that shows meaningful growth.			

Quarter 4 | Weeks 28-36

Two four-week learning units plus a review and showcase week. Weeks 28-36.

MATH FOCUS		ELA FOCUS		SCIENCE FOCUS		SOCIAL STUDIES FOCUS	
Money, comparison, and problem solving / Fluency, mixed review, and Grade 2 readiness		Narrative, opinion, and informative sentences / Grammar, revision, speaking, and portfolio		Materials and their properties / Engineering a helpful solution		Cultures, traditions, and celebrations / Community problem solving and civic action	
Week	Math	English / ELA	Science	Social Studies	Family / Project		
28	Explore & model: Money, comparison, and problem solving	Read & notice: Narrative, opinion, and informative sentences	Observe & question: Materials and their properties	Ask & source: Cultures, traditions, and celebrations	Plan: Helpful Tool Design		
29	Guided practice: Money, comparison, and problem solving	Discuss & practice: Narrative, opinion, and informative sentences	Investigate & model: Materials and their properties	Map/timeline & analyze: Cultures, traditions, and celebrations	Build: Helpful Tool Design		
30	Apply & solve: Money, comparison, and problem solving	Write & apply: Narrative, opinion, and informative sentences	Explain from evidence: Materials and their properties	Compare perspectives: Cultures, traditions, and celebrations	Refine: Helpful Tool Design		
31	Mastery check: Money, comparison, and problem solving	Conference & extend: Narrative, opinion, and informative sentences	Reflect & design: Materials and their properties	Communicate & connect: Cultures, traditions, and celebrations	Share: Helpful Tool Design		
32	Explore & model: Fluency, mixed review, and Grade 2 readiness	Read & notice: Grammar, revision, speaking, and portfolio	Observe & question: Engineering a helpful solution	Ask & source: Community problem solving and civic action	Plan: Grade 1 Learning Showcase		
33	Guided practice: Fluency, mixed review, and Grade 2 readiness	Discuss & practice: Grammar, revision, speaking, and portfolio	Investigate & model: Engineering a helpful solution	Map/timeline & analyze: Community problem solving and civic action	Build: Grade 1 Learning Showcase		
34	Apply & solve: Fluency, mixed review, and Grade 2 readiness	Write & apply: Grammar, revision, speaking, and portfolio	Explain from evidence: Engineering a helpful solution	Compare perspectives: Community problem solving and civic action	Refine: Grade 1 Learning Showcase		
35	Mastery check: Fluency, mixed review, and Grade 2 readiness	Conference & extend: Grammar, revision, speaking, and portfolio	Reflect & design: Engineering a helpful solution	Communicate & connect: Community problem solving and civic action	Share: Grade 1 Learning Showcase		
36	Spiral review, fluency check, and applied task	Portfolio check, reading conference, and polished writing	Concept map, evidence explanation, and investigation reflection	Source analysis, map/timeline review, and discussion	Quarter showcase, goal reset, and flexible catch-up		
KEEP Which routines and resources worked well?		ADJUST Which skill needs more time or a different approach?		CELEBRATE Choose one work sample that shows meaningful growth			

Teaching Routine, Progress Tracker, and Resources

Use this page throughout the year; print extra copies of the tracker as needed.

A SIMPLE DAILY LEARNING BLOCK

1. Warm up	5-15 min	Quick review, read-aloud, mental math, or vocabulary.
2. Teach	15-35 min	Model one clear objective with examples, text, or demonstration.
3. Practice	15-45 min	Use online skills, discussion, writing, lab work, or a printable.
4. Apply	10-35 min	Solve, explain, create, investigate, compare, or teach it back.
5. Record	2-5 min	Mark progress and save one useful piece of evidence when appropriate.

ADAPT THE PLAN TO THE LEARNER

When work is too hard: Reduce the amount, model more examples, use concrete materials, and revisit prerequisites.

When work is too easy: Compact repeated practice, ask for deeper explanations, and add authentic projects or advanced text.

For attention or stamina: Use shorter blocks, movement breaks, choice, timers, and a visible checklist.

For reading support: Read directions aloud, use audio plus print, preteach vocabulary, and accept oral responses when appropriate.

For advanced independence: Let the student plan part of the week, select resources, track data, and lead conferences.

QUARTERLY PROGRESS TRACKER

Checkpoint	Math	ELA	Science	Social Studies	Portfolio evidence	Next priority
Week 9	[] On track [] Revisit	[] On track [] Revisit	[] On track [] Revisit	[] On track [] Revisit		
Week 18	[] On track [] Revisit	[] On track [] Revisit	[] On track [] Revisit	[] On track [] Revisit		
Week 27	[] On track [] Revisit	[] On track [] Revisit	[] On track [] Revisit	[] On track [] Revisit		
Week 36	[] On track [] Revisit	[] On track [] Revisit	[] On track [] Revisit	[] On track [] Revisit		

FREE K-12 PRACTICE RESOURCES

[Free K-12 Practice home](#) | [Math practice](#) | [English / ELA practice](#) | [Science practice](#) | [Social studies practice](#) | [Printable worksheets](#)

STANDARDS AND LOCAL REQUIREMENTS

[Common Core mathematics and ELA](#) | [Next Generation Science Standards](#) | [C3 Framework for Social Studies](#)

Frameworks describe learning expectations; families should verify state-specific content, attendance, testing, recordkeeping, and graduation rules.