

Grade 7 Homeschool Plan

Strengthen proportional reasoning, argument, source evaluation, and systems thinking.

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	Middle School (6-8)	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	4-5 hours of academics, with daily independent reading and written work	
Core course path	Math 7, ELA 7, Integrated Science, World History	
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		SOCIAL STUDIES FOCUS	
Proportional relationships and unit rates / Percent applications and scale drawings		Close reading, annotation, and evidence / Theme, structure, and point of view		Ecosystems, food webs, and cycles / Body systems and homeostasis		Post-classical geography and inquiry / Byzantine and Islamic civilizations	
Week	Math	English / ELA	Science	Social Studies	Family / Project		
1	Explore & model: Proportional relationships and unit rates	Read & notice: Close reading, annotation, and evidence	Observe & question: Ecosystems, food webs, and cycles	Ask & source: Post-classical geography and inquiry	Plan: Scale Drawing Design		
2	Guided practice: Proportional relationships and unit rates	Discuss & practice: Close reading, annotation, and evidence	Investigate & model: Ecosystems, food webs, and cycles	Map/timeline & analyze: Post-classical geography and inquiry	Build: Scale Drawing Design		
3	Apply & solve: Proportional relationships and unit rates	Write & apply: Close reading, annotation, and evidence	Explain from evidence: Ecosystems, food webs, and cycles	Compare perspectives: Post-classical geography and inquiry	Refine: Scale Drawing Design		
4	Mastery check: Proportional relationships and unit rates	Conference & extend: Close reading, annotation, and evidence	Reflect & design: Ecosystems, food webs, and cycles	Communicate & connect: Post-classical geography and inquiry	Share: Scale Drawing Design		
5	Explore & model: Percent applications and scale drawings	Read & notice: Theme, structure, and point of view	Observe & question: Body systems and homeostasis	Ask & source: Byzantine and Islamic civilizations	Plan: Ecosystem Stability Investigation		
6	Guided practice: Percent applications and scale drawings	Discuss & practice: Theme, structure, and point of view	Investigate & model: Body systems and homeostasis	Map/timeline & analyze: Byzantine and Islamic civilizations	Build: Ecosystem Stability Investigation		
7	Apply & solve: Percent applications and scale drawings	Write & apply: Theme, structure, and point of view	Explain from evidence: Body systems and homeostasis	Compare perspectives: Byzantine and Islamic civilizations	Refine: Ecosystem Stability Investigation		
8	Mastery check: Percent applications and scale drawings	Conference & extend: Theme, structure, and point of view	Reflect & design: Body systems and homeostasis	Communicate & connect: Byzantine and Islamic civilizations	Share: Ecosystem Stability Investigation		
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		ELA FOCUS		SCIENCE FOCUS		SOCIAL STUDIES FOCUS	
Rational number operations / Expressions, equations, and inequalities		Comparing literary and informational texts / Argument analysis and evaluating evidence		Genetics, heredity, and variation / Atoms, matter, and chemical reactions		African kingdoms and trade networks / Medieval Europe	
Week	Math	English / ELA	Science	Social Studies	Family / Project		
10	Explore & model: Rational number operations	Read & notice: Comparing literary and informational texts	Observe & question: Genetics, heredity, and variation	Ask & source: African kingdoms and trade networks	Plan: Trade Network Map		
11	Guided practice: Rational number operations	Discuss & practice: Comparing literary and informational texts	Investigate & model: Genetics, heredity, and variation	Map/timeline & analyze: African kingdoms and trade networks	Build: Trade Network Map		
12	Apply & solve: Rational number operations	Write & apply: Comparing literary and informational texts	Explain from evidence: Genetics, heredity, and variation	Compare perspectives: African kingdoms and trade networks	Refine: Trade Network Map		
13	Mastery check: Rational number operations	Conference & extend: Comparing literary and informational texts	Reflect & design: Genetics, heredity, and variation	Communicate & connect: African kingdoms and trade networks	Share: Trade Network Map		
14	Explore & model: Expressions, equations, and inequalities	Read & notice: Argument analysis and evaluating evidence	Observe & question: Atoms, matter, and chemical reactions	Ask & source: Medieval Europe	Plan: Genetics and Probability Model		
15	Guided practice: Expressions, equations, and inequalities	Discuss & practice: Argument analysis and evaluating evidence	Investigate & model: Atoms, matter, and chemical reactions	Map/timeline & analyze: Medieval Europe	Build: Genetics and Probability Model		
16	Apply & solve: Expressions, equations, and inequalities	Write & apply: Argument analysis and evaluating evidence	Explain from evidence: Atoms, matter, and chemical reactions	Compare perspectives: Medieval Europe	Refine: Genetics and Probability Model		
17	Mastery check: Expressions, equations, and inequalities	Conference & extend: Argument analysis and evaluating evidence	Reflect & design: Atoms, matter, and chemical reactions	Communicate & connect: Medieval Europe	Share: Genetics and Probability Model		
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	
Angles, triangles, and circles / Area, surface area, and volume		Narrative writing and voice / Argument writing and counterclaims		Forces, energy, and motion systems / Geologic time, fossils, and Earth history		South and East Asian civilizations / Renaissance and Reformation	
Week	Math	English / ELA	Science	Social Studies	Family / Project		
19	Explore & model: Angles, triangles, and circles	Read & notice: Narrative writing and voice	Observe & question: Forces, energy, and motion systems	Ask & source: South and East Asian civilizations	Plan: Renaissance Source Study		
20	Guided practice: Angles, triangles, and circles	Discuss & practice: Narrative writing and voice	Investigate & model: Forces, energy, and motion systems	Map/timeline & analyze: South and East Asian civilizations	Build: Renaissance Source Study		
21	Apply & solve: Angles, triangles, and circles	Write & apply: Narrative writing and voice	Explain from evidence: Forces, energy, and motion systems	Compare perspectives: South and East Asian civilizations	Refine: Renaissance Source Study		
22	Mastery check: Angles, triangles, and circles	Conference & extend: Narrative writing and voice	Reflect & design: Forces, energy, and motion systems	Communicate & connect: South and East Asian civilizations	Share: Renaissance Source Study		
23	Explore & model: Area, surface area, and volume	Read & notice: Argument writing and counterclaims	Observe & question: Geologic time, fossils, and Earth history	Ask & source: Renaissance and Reformation	Plan: Evidence-Based Debate		
24	Guided practice: Area, surface area, and volume	Discuss & practice: Argument writing and counterclaims	Investigate & model: Geologic time, fossils, and Earth history	Map/timeline & analyze: Renaissance and Reformation	Build: Evidence-Based Debate		
25	Apply & solve: Area, surface area, and volume	Write & apply: Argument writing and counterclaims	Explain from evidence: Geologic time, fossils, and Earth history	Compare perspectives: Renaissance and Reformation	Refine: Evidence-Based Debate		
26	Mastery check: Area, surface area, and volume	Conference & extend: Argument writing and counterclaims	Reflect & design: Geologic time, fossils, and Earth history	Communicate & connect: Renaissance and Reformation	Share: Evidence-Based Debate		
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	
Sampling, statistics, and inference / Probability, compound events, and modeling		Research, media literacy, and credibility / Grammar, speaking, revision, and portfolio		Resources, climate, and human impacts / Engineering design and evidence-based solutions		Exploration, exchange, and colonization / Scientific Revolution and Enlightenment	
Week	Math	English / ELA	Science	Social Studies	Family / Project		
28	Explore & model: Sampling, statistics, and inference	Read & notice: Research, media literacy, and credibility	Observe & question: Resources, climate, and human impacts	Ask & source: Exploration, exchange, and colonization	Plan: Human Impact Design Challenge		
29	Guided practice: Sampling, statistics, and inference	Discuss & practice: Research, media literacy, and credibility	Investigate & model: Resources, climate, and human impacts	Map/timeline & analyze: Exploration, exchange, and colonization	Build: Human Impact Design Challenge		
30	Apply & solve: Sampling, statistics, and inference	Write & apply: Research, media literacy, and credibility	Explain from evidence: Resources, climate, and human impacts	Compare perspectives: Exploration, exchange, and colonization	Refine: Human Impact Design Challenge		
31	Mastery check: Sampling, statistics, and inference	Conference & extend: Research, media literacy, and credibility	Reflect & design: Resources, climate, and human impacts	Communicate & connect: Exploration, exchange, and colonization	Share: Human Impact Design Challenge		
32	Explore & model: Probability, compound events, and modeling	Read & notice: Grammar, speaking, revision, and portfolio	Observe & question: Engineering design and evidence-based solutions	Ask & source: Scientific Revolution and Enlightenment	Plan: Grade 7 Global Connections Showcase		
33	Guided practice: Probability, compound events, and modeling	Discuss & practice: Grammar, speaking, revision, and portfolio	Investigate & model: Engineering design and evidence-based solutions	Map/timeline & analyze: Scientific Revolution and Enlightenment	Build: Grade 7 Global Connections Showcase		
34	Apply & solve: Probability, compound events, and modeling	Write & apply: Grammar, speaking, revision, and portfolio	Explain from evidence: Engineering design and evidence-based solutions	Compare perspectives: Scientific Revolution and Enlightenment	Refine: Grade 7 Global Connections Showcase		
35	Mastery check: Probability, compound events, and modeling	Conference & extend: Grammar, speaking, revision, and portfolio	Reflect & design: Engineering design and evidence-based solutions	Communicate & connect: Scientific Revolution and Enlightenment	Share: Grade 7 Global Connections 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.