

1-Month Homeschool Plan for 5-Year-Old (2 Hours/Day, 5 Days/Week)

Week 1: Letters A-F, Numbers 1-5 | Theme: All About Me & My Body

Monday:

- A is for Alligator: crafts, phonics.
- Number 1: count objects, draw one item.
- Science: My body-head, arms, legs.
- PE: Animal walks (crab walk, bear crawl).

Tuesday:

- B is for Bear: sound matching, coloring.
- Number 2: group items in pairs.
- Science: Senses-Sight and hearing.
- PE: Jumping jacks, balance games.

Wednesday:

- C is for Cat: write C, sound practice.
- Number 3: introduce with small objects.
- Science: Senses-Touch and smell.
- PE: Obstacle course with pillows and tape.

Thursday:

- D is for Dinosaur: dino stomp game.
- Number 4: sorting, drawing sets of 4.
- Science: Taste test (sweet, salty, sour).
- PE: Simon Says with gross motor.

Friday:

- E & F Review: Flashcard games.
- Number 5: Make a number book.
- Science Review: Create a "senses" collage.

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- Art: Draw your family with labels.

Week 2: Letters G-L, Numbers 6-10 | Theme: Animals Around the World

Monday:

- G is for Giraffe.
- Number 6: Add 1 to 5 with objects.
- Science: Savannah animals.
- PE: Tall/short stretching game.

Tuesday:

- H is for Hippo.
- Number 7: Subtract within 7.
- Science: Jungle habitat.
- PE: Animal yoga (lion, snake, frog).

Wednesday:

- I is for Iguana.
- Number 8: Count and match activity.
- Science: Rainforest scavenger hunt.
- PE: Dancing to animal songs.

Thursday:

- J is for Jellyfish.
- Number 9: Add and subtract with fingers.
- Science: Ocean animals.
- PE: "Swim" and jump rope (pretend).

Friday:

- K & L Review.

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- Number 10: Make 10 poster.
- Art: Make a zoo with letter animals.
- Story Time: "The Mixed-Up Chameleon".

Week 3: Letters M-R, Numbers 11-15 | Theme: Nature & Weather

Monday:

- M is for Mountain.
- Number 11: Count sticks/rocks outside.
- Science: What is weather? (sun, rain).
- PE: Wind dance with scarves.

Tuesday:

- N is for Nest.
- Number 12: Add with leaves/rocks.
- Science: Rain/cloud experiment.
- PE: Jump to numbers on floor.

Wednesday:

- O is for Owl.
- Number 13: Subtract from 15.
- Science: Day/night animals.
- PE: Owl flapping race.

Thursday:

- P is for Plant.
- Number 14: Count flower petals.
- Science: Plant a seed in a cup.
- PE: Pretend garden workout.

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Friday:

- Q & R Review.
- Number 15: Matching games.
- Art: Make a weather wheel.
- Story Time: "Planting a Rainbow".

Week 4: Letters S-Z, Numbers 16-20 | Theme: Community & Feelings

Monday:

- S is for School.
- Number 16: Sort school items by number.
- Social Studies: What do teachers do?
- PE: Freeze dance.

Tuesday:

- T is for Truck.
- Number 17: Add/Subtract toy vehicles.
- Social Studies: Helpers (police, firefighters).
- PE: "Rescue run" game.

Wednesday:

- U is for Umbrella.
- Number 18: Rainy day counting game.
- SEL: Name feelings, emotion cards.
- PE: Jump over "puddles" (towels).

Thursday:

- V/W/X Letters.
- Number 19: Use stickers to make sets.
- SEL: Role play different emotions.

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- PE: Balloon bounce game.

Friday:

- Y/Z Review.

- Number 20: Review & celebrate.

- Art: "I Can Help" mini-book.

- Story Time: "What If Everybody Did That?"