



Cage Free Learning Homeschool Schedule (Grades K–5)

Core Subjects Delivered Virtually • Enrichment Activities Optional & Parent-Guided

Approximate Day: 8:30 AM – 2:30 PM

Time	Activity	Details & Standards Alignment
8:30–8:45 AM	 Morning Connection & Intention Setting	SEL-based journaling, gratitude, or goal-setting (parent-guided). Supports emotional regulation and focus.
8:45–9:30 AM	 Literacy Block 1 – Reading & Phonics (Virtual)	Guided reading instruction or oral reading software, phonemic awareness, fluency. Aligned to National State Standards for ELA.

CFV ELEMENTARY VIRTUAL HOMESCHOOLING K-5 SCHEDULE

		Delivered virtually by trained educators.
9:30–9:45 AM	 Movement Break (Parent-Guided)	Brain boost: recess, stretching, dance party, nature walk—parent decides.
9:45–10:30 AM	 Literacy Block 2 – Writing & Expression (Virtual)	Creative writing, spelling, and grammar. Supports comprehension and self-expression.
10:30–11:15 AM	 Math Concepts & Games (Virtual)	Hands-on learning and visual models, aligned to national math standards.
11:15–11:30 AM	 Snack & Outdoor Reset (Parent-Guided)	Optional free play in nature. Promotes sensory regulation.
11:30–12:15 PM	 Science or Social Studies (Virtual)	Thematic units, project-based learning. Follows NGSS and social studies benchmarks.
12:15–1:00 PM	 Lunch + Free Play (Parent-Guided)	Time for rest, reset, or family connection.
1:00–1:30 PM	 Cage Free Rotation (Parent-Guided or Virtual)	Music, art, coding, or foreign language. Parents may choose virtual options or lead hands-on sessions.
1:30–2:00 PM	 Choice-Based Learning / Cage Free Hour (Parent-Guided)	Learner-led time: building, drawing, Cage Free Voices Theatre, Cage Free Voices Wellness creating, or deep diving into interests.
2:00–2:30 PM	 Review & Reflection / Intervention (Virtual)	One-on-one support, read-aloud, or reflective discussion. Targets individual goals.

◇ Key Notes:

- All core academic subjects (literacy, math, science, social studies) are delivered virtually by trained educators.
 - Parents oversee all offline enrichment activities, including outdoor play, movement breaks, specials (e.g., art, music), and Cage Free Hour.
 - Outdoor activities and field trips are optional and flexible, tailored to each family's context.
 - Virtual field trips and digital exploration are built into the online platform to support experiential learning from home.
-

🎧 Designed for Neuro-Inclusive, Culturally Responsive Learning

- 💡 Short instructional blocks (30–45 min max) help maintain focus and reduce overload.
 - UDL principles are embedded across virtual instruction—multiple ways to learn and show understanding.
 - 🌍 Culturally affirming content celebrates student identity and lived experience.
 - 🧠 Social-emotional supports and goal setting are included daily.
-

☑ Optional Weekly Thematic Add-Ons (Parent-Guided or Project-Based)

Day	Theme (Literacy)	STEM Focus	Creative Focus
Monday	Story Elements	Nature Science	Drawing / Painting
Tuesday	Text Features	Simple Machines	Music / Rhythm

CFV ELEMENTARY VIRTUAL HOMESCHOOLING K-5 SCHEDULE

Wednesday	Informational Texts	Weather & Earth	Maker Projects
Thursday	Persuasive Writing	Robotics / Coding	Role-Play or Theater
Friday	Poetry & Performance	STEM Challenges	Dance / Capstone Share