

Here's a clear, age-appropriate daily grid timetable for an 11-year-old home-educated child (approx. 6.5 hour day). It includes the subjects you requested: Maths, English, Biology, PSHE, Music, Instrument practice, and Topic/Project work – plus breaks, enrichment and flexible time.

Daily Grid Timetable (Example) Time	Activity / Subject	Duration	Notes / Goals / Flex Options
08:30–09:00	Morning routine & Independent Reading / Planner	30 min	Breakfast, organise day, 10–20 min reading (book choice). Set 1–2 learning goals for the day.
09:00–10:00	Mathematics (Core)	60 min	Focus on lesson + practice problems. Use manipulatives, online practice, or challenge extension. If needed, split into 40 min lesson + 20 min practice.
10:00–10:15	Morning Break / Movement	15 min	Snack, quick outdoor play or active brain break.
10:15–11:00	English: Reading & Writing (Core)	45 min	Comprehension, vocabulary, grammar and 15–20 min structured writing (story, letter, journal). Swap with phonics/spelling practice if required.
11:00–11:45	Biology (Science)	45 min	Lesson + hands-on activity/demo or virtual experiment. Record observations in a science notebook. Rotate topics (anatomy, ecosystems, plants).
11:45–12:15	Instrument Practice	30 min	Focused practice on chosen instrument (scales, pieces, technique). Shorter sessions daily beat one long weekly session.
12:15–13:00	Lunch & Free/Outdoor Play	45 min	Unstructured play, social time with family, screen-free refresh.
13:00–13:45	Topic & Project Work (Cross-curricular)	45 min	Long-term project (history unit, STEM build, geography case study). Includes research, map work, art or presentation prep.
13:45–14:15	PSHE (Personal, Social, Health & Economic)	30 min	Discussions, role-play, wellbeing activities, life skills, budgeting games or community topics.
14:15–14:45	Music (Theory / Listening / Ensemble Activities)	30 min	Music appreciation, rhythm and theory games, composing or singing. Can combine with instrument practice day-by-day.
14:45–15:00	Flexible Enrichment / Wrap-up / Reflection	15 min	Review goals, record achievements, tidy workspace. Optional extension: reading, educational game, or catch-up.

Total instructional time approx. 6 hours + breaks (school day 08:30–15:00).

#### Age-appropriate tweaks and suggestions

- Maths: Use a mix of mental warmups, short teaching bursts (15–20 min), and hands-on or problem solving. Include logic puzzles once a week.
- English: Balance reading aloud, independent reading, and writing. Use project writing (reports for Biology/Topic work) to cross-link subjects.
- Biology: At 11, focus on inquiry and simple experiments. Use observation logs, microscopes (or phone macro), outdoor nature walks.
- PSHE: Include weekly wellbeing check-ins, digital literacy, empathy exercises, and basic first-aid or safety topics.
- Music / Instrument: Daily short practice (15–30 min) plus a separate 30 min music theory or group music activity 2–3 times/week.
- Topic/Project: Make this cross-curricular history, geography, art and science can all feed into one multi-week project. Schedule one longer project block once/week if deeper work is needed.

#### Flexible blocks and variations

- Shorter day (5 hours): Remove music theory block and shorten project to 30 min (end day by 14:00).
- Longer day (7+ hours): Add another elective (coding/PE/Art) or lengthen project time for presentations and fieldwork.

- Split-day option: Do intensive subjects (Maths/English) in morning and lighter creative subjects after lunch or in late afternoon to match energy levels.
- Remediation/extension: Use the 15 min wrap-up or instrument time to provide extra practice or enrichment tasks as needed.

#### Weekly rotation idea

- Monday: Focus science experiments in Biology slot.
- Tuesday: Extended project planning.
- Wednesday: Field/Outdoor learning or library visit in the afternoon.
- Thursday: Music ensemble/singing session + performance practice.
- Friday: Assessment, portfolio update, project presentations and creative/free learning.

#### Quick tips for successful homeschooling at this age

- Keep transitions quick and predictable with visual timetable and timers.
- Use checklists so the child can self-pace and track completion.
- Alternate demanding cognitive tasks with active or creative tasks.
- Keep evidence of learning (photos, short videos, project pages) for a portfolio.
- Involve the child in planning weekly topics to boost ownership and motivation.

#### If you'd like, I can:

- Convert this into a printable weekly timetable grid (Mon-Fri).
- Make a shortened 5-hour version or extended 7-hour version.
- Customize the timetable for specific goals (exam prep, arts focus, or mixed-age family).