

Beams of Light Programme of Activities

	Monday	Tuesday	Wednesday	Thursday	Friday
W/C 21.02.22 Theme: Language Week	Learn and understand phrases from different countries	Learn to speak the days of the week in different languages.	Learn the different greetings and how to say thank you from different countries	Understanding British Sign Language (C)	What language have you learnt this week?
	Counting and singing in French	Counting and singing in Spanish	Counting and singing in Italian	Counting using Sign Language	Recap
	Counting and singing in different languages/ mark making using different resources (paint, pencil, felt pen, chalk) (EYFS)				
	Dodgeball/Free play	Bench ball/Free play	Gymnastics/Free play	Capture the flag/Free play	Football/Free play
W/C 28.02.22 Theme: Exercise week	Understanding the importance of daily exercises	Reasons why we need to exercise	Learning different types of exercises	Understanding the importance of calm exercises	Be a leader - show us your way to exercise
	Stretching/Lunges	Aerobics/Steps	Gymnastics/Star jumps	Yoga/Meditation (C)	Individual demonstration
	Creative activities (sticking, cutting, drawing) Role play (EYFS)				
	Zumba/Free play	Stuck in the mud/Free play	Parachute game/Free play (C)	Relay races/ Free play	Duck, duck goose/Free play (C)

This programme may change, an alternative will also be made available. Throughout the session, arts and crafts, quiet games and general play will also be accessible. During group discussion, the children will be encouraged to contribute their ideas with the group. **C = Children's choice.**

Every Child Matters Outcomes Key	Early Years Foundation Stage KEY
Being Healthy (BH) Enjoy & Achieve (EA) Achieve Economic Wellbeing (AEW) Staying Safe (SS)	Personal, Social and Emotional Development (PSE) Knowledge and Understanding of the World (KUW) Problem Solving, Reasoning and Numeracy (PSRN) Communication, Language and Literacy (CLL)

On top of the structured activities, there are other equipment also available for the children to play such as chess, draughts, snooker table, football table, connect 4, puzzles and many more tabletop games.

We also have the 'small world corner' to enhance the imaginative skills of the children and the 'homework corner' where children can do their respective homework.

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W/C 07.03.22 Theme: Spring Season	Understanding the seasons in the UK Which months fall in Spring? Tips in growing plants	Painting pot plants Making a spring sun catcher	Making spring flowers Planting seeds in soil (C)	Observational drawing of plants/flowers How to care for plants and flowers	Planting seeds in cotton wool Observe our seeds to grow
	Planting/ Hand printing/Stringing beads/ Role play (EYFS)				
	Fruit salad game/ Free play	Basketball/Free play	Skittle ball /Free play	Over and under/Free play	What's the time Mr. Wolf?/ Free play
W/C 14.03.22 Theme: Anti-bullying week	Discussion about bullying and give examples How can we stop the bullies? Anti-bullying workshop	Importance of friendship How can we show our support?	Discussion about different types of bullying. How do we recognise if someone is a victim of bullying?	Anti-bullying poster competition (C)	Face painting of different emotions and making friendship bracelets Acts of kindness
	Storytelling/ Painting/ Drawing faces (understanding emotions) (EYFS)				
	Obstacle course games/ Free play	Dodgeball/Free play	Rounders /Free play	Over and under/Free play	Table tennis/ Free play

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W/C 21.03.22 Theme: Mother's Day	Design a card for mum (C) What makes mum special	Write a poem for mum How can I help mum with her daily chores at home?	Create a bouquet of flowers Writing competition - all the wonderful things mums do	Making decorative vases using recycled materials	Create an award for 'Best Mum'
	Cutting/ Sticking/ Painting/ Building/ Role play (EYFS)				
	Tag/ Free play	Volleyball/Free play	Skittle ball /Free play	Over and under/Free play	What's the time Mr. Wolf?/ Free play
W/C 28.03.22 Theme: Team Building	Complete fun tasks as a team The benefits of working together	Create a mini comic book as a team Group discussion - Compromise	Mini sports day (C) Group discussion - Leadership	Competition - designing poster about Teamwork Communication – understanding instructions	Clue hunt around the school Recap – What have you learnt this week?
	Construction/ Drawing/ Singing Nursery Rhymes/ Dancing (EYFS)				
	Team race games/ Free play	Dodgeball/Free play	Beanbag game/Free play	Over and under/Free play	Hula hoop games/ Free play

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