

Beams of Light Programme of Activities



	Monday	Tuesday	Wednesday	Thursday	Friday
W/C 05.09.22 Theme: Identity Week	All About Me Writing a short story about myself, especially my likes and dislikes.	My Family Tree (C) Creating my family tree. Who is in my family tree?	My School Why do you go to school? How important is education?	My Friends What are the fun activities that you and your friends like to play?	My Hobbies Share to the group the activities that you enjoy doing during your spare time
	Participate in group discussion / join in any physical group activities /drawing/ painting/ role play (EYFS)				
	Dodgeball/ Football Free play	Floor is lava/ Tennis Free play (C)	Volleyball/ Basketball Free play	Gymnastics/Obstacle course Free play	Trim trail race/Hide & Seek Free play (C)
W/C 12.09.22 Theme: Health & Hygiene week	Allergies/Dietary needs Discussion about allergy awareness and respecting people's dietary needs	Hand washing Discussion about germs and bacteria. How do we wash our hands properly?	Exercise Discussion about daily exercise Is it important to exercise? Why do we need to exercise?	Health & Hygiene Poster Hand hygiene Environment Attire Risk Reduction Tissue	Healthy food (C) Draw all the healthy food that you like
	Participate in group discussion/ name and understand parts of the body/join in any physical group activities/ drawing/ cutting/ sticking (EYFS)				
	Skittle ball/ Table tennis Free play	Bench ball/Fish and chips Free play (C)	Over and under pass/ Tag Free play	Musical chairs/ Role play Free play (C)	Races/ Skipping Free play

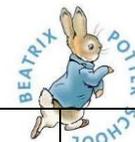
This programme may change, an alternative will also be made available. Throughout the session, quiet games and general play will also be on offer.
During group discussion, the children will be encouraged to contribute their ideas with the group. **C = Children's choice.**

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

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 19.09.22 Theme: Safety awareness week	Fire safety Understanding the importance of fire drills	Internet safety What do we have to remember when using the internet?	Understanding safety signs What safety signs do you know? Give examples	Space awareness Why do we have to consider our space while we are playing?	Stranger/Danger Who are these people? What danger are we facing when dealing with strangers?
Participate in group discussion/ join in physical group activities/ drawing/ forming letters and numbers/ role play/music and dance (EYFS)					
	Fruit salad/ Tag rugby Free play	Crocodile bridge/ Football Free play (C)	Dodgeball/ Tennis Free play	Skittle ball/ Stuck in the mud Free play	Bench ball/ Kwik Cricket Free play (C)
W/C 26.09.22 Themes: Anti-bullying awareness	Verbal bullying Workshop	Physical bullying Workshop	Relational bullying Workshop	Cyber bullying Workshop	Harassment Workshop
Music and drama/ Dressing up/ playdough (role play food) junk modelling/ painting/ drawing (EYFS)					
	Musical statues/ Sweet pong Free play (C)	Tomato ketchup/ Tennis Free play	Obstacle course/Race Free play	Stuck in the mud/ Bowling Free play	Darts/ Role play Free play (C)

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W/C 03.10.22 Theme: Autumn season	Book mark making (C)	Create autumn collage picture	Making picture frame with colourful leaves	Free drawing of autumn leaves	Decorating candle holders
Leaf printing/ drawing/painting/ singing nursery rhymes/story telling (EYFS)					
	Crocodile bridge/ Football Free play (C)	Over and under pass/Tag Free play	Musical chairs/ Bench ball Free play (C)	Gymnastics/ Skittle ball Free play (C)	Sweet pong/ Bowling Free play (C)
W/C 10.10.22 Theme: Creative week	Design an inspirational poster Talk about what inspires us	Create wellness journal	Junk Modelling (C) Create own model	Paint blowing using straws (C)	Abstract Painting
Reading and forming letters/ playdough/ junk modelling/painting/ cutting/ threading (EYFS)					
	Tag rugby/ Dodgeball Free play	Stuck in the mud/ Basketball Free play	Hopscotch/ Table tennis Free play	Hide & seek/Football Free play (C)	What's the time Mr. Wolf? Free play (C)

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W/C 17.10.22 Theme: Fireworks: Arts & Crafts	Health and safety about fireworks Making fruit kebabs (firework shape)	Making fireworks out of mixed colourful paints with a fork or paint brush (C)	Making fire rockets out of kitchen rolls and colourful tissue paper	Paper printing fireworks, using kitchen tube roll	Making sparklers out of stirrer spoons and colourful foil
Participate in the above activities and design own fireworks/ painting/printing/ rolling/gluing/ role play/ music and dance/memory game (EYFS)					
	Charades/Hangman Free play (C)	Darts/ Crocodile bridge Free play	40 40 home/tag rugby Free play (C)	Football/Skipping Free play	Trim trail race/King's square Free play

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