

## Beams of Light Programme of Activities

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>W/C 02/01/23</b>  <b>Theme: Christmas Holiday Recap</b>	Bank Holiday	Inset Day	Sharing your festive experience	Create a vision board: New Year's goals and targets (C)	Draw/paint a picture of your favourite present
	Sharing Christmas experiences/ Drawing/ Role play/ Free play				
	Bank Holiday	Inset Day	Skittle Ball/ Free play	Football/ Free play	What's the time Mr Wolf/ Free play
<b>W/C 09/01/23</b>  <b>Theme: Go Green/ Save Energy</b>	What is recycling? What are the environmental benefits of recycling?	Understanding what materials to recycle	Create models out of recyclable materials (C)	Discussion: How can we save energy?	Discussion: Food waste – what can we do with it?
	Junk Modelling/ Writing/ Reading/ Free play				
	Everybody's It/ Free play (C)	King's Square/Free play	Musical bumps/ Free play	Basketball/ Free play	The floor is lava/ 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)	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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<b>W/C 16/01/23</b>  <b>Theme: Creative Week</b>	Cutting out letters from magazines to create personal bookmark	Flick painting (C)	Music and dance	String making	Visual art drawing
	Painting/ Gluing/ Cutting/ Dancing/ Free play				
	Tag/Free play	Capture the flag/ Free play (C)	40/40 Home/ Free play	Rounders/ Free play	Tennis/ Free play
<b>W/C 23/01/23</b>  <b>Theme: Keeping Fit &amp; Healthy</b>	Discussion: Healthy Living (sleeping, exercise, food, drink)	Understanding about allergies	Write my daily routine	Discussion: How to tackle obesity	Draw a plate of a healthy meal
	Obstacle Course/ Participate in discussion/ Yoga/ Role Play/ Free play				
	Cross the river/ Free play (C)	Dodgeball/ Free play	Rock, paper, scissors challenge/ Free play	Hide & Seek/ Free play	Simon Says/ Free play

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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)

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<b>W/C 30/01/23</b>  <b>Theme: Art Week</b>	Weaving – Making placemats	Create mosaic pictures (C)	Sketching	Paint blowing	Finger printing
	Painting/ Printing/ Cutting/ Role play/ Free play				
	Music & Dance/ Free play	Careless whisper/ Free play	Ice cream Fruit salad/ Free play (C)	Cricket/ Free play	Bowling/ Free play
<b>W/C 06/02/23</b>  <b>Theme: Mix and taste smoothies</b>	Ice cream & strawberries (C)	Bananas, strawberries & cucumber	Carrots, cucumber & fruit juice	Apples, blueberries, yogurt & granola	Carrot & orange
	Cutting/Mixing/ Observing/ Tasting/ Free play				
	Over and Under/ Free play	Dodgeball/ Free play (C)	Hide & Seek/ Free play	Skittle ball/ Free play	Table tennis/ Free play

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