

Beams of Light Programme of Activities

	Monday	Tuesday	Wednesday	Thursday	Friday
W/C 04.09.2023 Theme: Getting to know each other Health and Safety	INSET DAY	INSET DAY	Getting to know our friends Discussion about keeping safe in the sun	Suggest and write games and activities for ASC Making friendship bracelets	Hand printing 5 safety points to write on handprint
	Water play/Forming names using letters/Colouring/ Playdough (EYFS)				
	INSET DAY	INSET DAY	Water games/Free play	Skipping/ Tennis/Free play	Hide and seek/ Free play
W/C 11.09.2023 Theme: My Family (All About me)	Making family tree out of cut out leaves Writing members of the family	Making flap book to write 'All About Me' Drawing/Colouring on the premade flap book	Designing placemats of favourite food	Making personalised necklaces	Making own mask out of paper plate
	Discussion about safety during play time / Singing/Drawing/Role Play/ Musical Statues/ Leaf Painting (EYFS)				
	Skittle balls/ Duck duck goose/Free play (C)	Football/ Stuck in mud/ Free play (C)	Musical Statues/ Zumba/ Free play	Bench ball/ Table tennis/Free play	Music and dance/ Football/Free play (C)

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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 18.09.2023 Theme: Children's Week	Making paper planes (C)	Drawing and colouring favourite animals Discussion about caring for animals	Creating own cartoon characters Made from recycling materials.	Bake cookies Temporary Tattoos/ Hair & Make up	Create own design for face painting. Face painting (C)
Role play/ Dressing up/ Phonics/Construction (Lego)/ Finger printing (EYFS) (C)					
	Dodgeball/ 4040 home/Free play	Skittle ball/ Musical chairs/Free play	Tennis/ Skipping / Free play	Sharks/ Music & dance/Free play	Football/ Relay/Free play
W/C 25.09.2023 Theme: Self-Awareness	Discussion about personal care e.g. tooth brushing, hand washing, body odour	Create Hygiene Poster Competition	Quiz games (parts of the body)	Discussion about table manners Using please and thank you. Learn the manners song	Discussion about different emotions Make a feelings wheel
Participate during discussion (self-awareness) Hand Tracing/ singing Head, Shoulders Knees and Toes (EYFS)					
	Simon Says/ Ball games/Free play	Bench ball/ Tomato ketchup game/ Free play (C)	Capture the flag/ Skipping/ Free play	Parachute games/Skittle ball/Free play	Gymnastics/ Over and under/ Free play

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W/C 02.10.2023 Theme: Black History Month	Discussion (Black History)	Celebrate Harriett Tubman Decorating people cut-outs (skin tone)	Celebrate Garrett Morgan Make a traffic light craft	Make an inspirational poster: Rosa Parks, Martin Luther King, President Obama, Rita Dove etc.	Self Portrait Making peaceful paper plate dove
	Astronaut craft to be like Dr Mae Jemison/ Craft a paper chain/ Construction (Lego)/ Painting (EYFS) (C)				
	Dodge ball/ 4040 home/Free play	Cross the river/ Football/Free play	Tennis/ Skipping / Free play	Sharks/ Dodgeball/Free play	Football/ Relay/Free play
W/C 09.10.2023 Theme: Keep Fit	Sports Quiz	Making own medals	DIY Football (C)	Cube craft	Create Sports flag
	Races/ Spoon crab walk/ Obstacle course (EYFS)				
	Skipping/ Ball games/Free play	Everybody is It/ Football/ Free play (C)	Fish and chips game/ Tennis/ Free play	Stuck in the mud/Skittle ball/Free play	Hopscotch/ Over and under/ Free play

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W/C 16.10.2023 Theme: Autumn Week	Handprint craft autumn fall tree	Decorate pumpkin template	Create autumn bookmarks (leaves/woodland animals)	Paper roll fireworks craft	Halloween cotton ball ghosts
Role Play/ Singing & Dancing/ Hand Tracing/ Construction (Lego)/ Foam printing (EYFS) (C)					
	Drama workshop/Zumba/Free play	Stuck in the mud/ Free play	Princess & Pirates/ Free play	Zumba/ Role Play/ Free play	Yoga/Gymnastics (C)/ Free play

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