

Beams of Light Programme of Activities

	Monday	Tuesday	Wednesday	Thursday	Friday
W/C 06/01/2025 Theme: New year goals	INSET DAY	Group discussion and reflections – how was your Christmas break?	Make a vision board using supplies and cut outs	Goal setting workshop	Learning about healthy habits – why are they important?
	Creativity/colouring/group discussion/social interaction/cutting(assisted)/arts and crafts/free play (EYFS)				
	INSET DAY	Skittle ball/musical chairs/free play	Simon says/hopscotch/free play	Yoga/dancing/free play	Zumba/skipping/free play
W/C 13/01/2025 Theme: Team building week	Relay racing	Obstacle course	Scavenger hunt	Quicksand activity game	Team building hula hoop
	Group activities/spoon crab walk/obstacle course/free play (EYFS)				
	Ball games/Simon says/free play	Memory shopping list game/board games/free play	Look up, look down/puzzles/free play	Bob the weasel/drawing/free play	Traffic light game/ball games/free play

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Every Child Matters Outcomes KEY Being Healthy (BH) Enjoy & Achieve (EA) Achieve Economic Wellbeing (AEW) Staying Safe (SS) Positive Contribution (PC)	Early Years Foundation Stage KEY 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 20/01/2025 Theme: Friendships	Learning the importance of friends & meeting new people	Make and design a friendship paper chain	Understanding the difference between a good friend and not so good friends	Making friendship bracelets	Learning about others – “find someone who” activity
Singing/forming names using letters/colouring/playdough/free play (EYFS)					
	Charades/free play	Duck duck goose/free play	Snakes and ladders/free play	Pin the tail on the donkey/free play	Uno/activity sheets/free play
W/C 27/01/2025 Theme: Safety awareness	Road safety How to cross the road properly and what to look out for	Fire safety Understanding the importance of fire drills	Electronic devices Staying away from electrical sockets and using devices correctly	Knowing what to do if you need help for you or others. Raising the alarm	Stranger/Danger How to recognise unusual behaviour and how to stay safe
Participate during discussion/hand tracing/role play/free play (EYFS)					
	Traffic light game/free play	Football/skipping/free play	Tabletop games/free play	Sleeping lions/free play	Hide and seek/tag/free play

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W/C 03/02/2024 Theme: Countries, languages and cultures	Learning about where everyone's family is from Find the country on the map	Listening and learning to count to 10 in another language	Traditional foods from different countries What's your favourite food and where is it from?	Colouring in a large world map – group activity	Learning about different flags Famous landmarks around the world
Music and drama/dressing up/playdough (role play food) junk modelling/phonics/drawing/free play (EYFS)					
	I spy/musical chairs/free play	Simon says/dodgeball/free play	Puzzles/board game/free play	Drawing/painting/free play	Capture the flag/free play
W/C 10/02/2025 Theme: Valentines' week	Making roses/flowers with tissue paper and arts and crafts	Making valentines day cards	Decorating heart shaped cookies	Hand painting and printing	INSET DAY
Hand printing/drawing/painting/singing nursery rhymes/story telling/free play (EYFS)					
	Guess the sweets in the jar/dancing/free play	Hopscotch/table tennis/free play	What the time Mr Wolf? /sweet pong/free play	Skittle ball/bench ball/free play	INSET DAY

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