

Beams of Light Programme of Activities

	Monday	Tuesday	Wednesday	Thursday	Friday
W/C 24.02.2025 Theme: Staying Healthy	What does it mean to eat healthy and why is it important? Poster competition	Brainstorming all of the different ways to stay healthy	What healthy foods gives us vitamins? Fruit and vegetable matching activity	Learning about why too much unhealthy foods can affect your health	Why is sleep important to keep me healthy?
	Drawing/colouring/group picture based discussion/social interaction				
	Shopping list game/football/free play	Yoga/dancing/free play	“Red light, green light” game/ Free play	Activity sheets/Free play	Sleeping lions game/dodgeball/free play
W/C 03.03.2025 Theme: Music/Instruments & Pancake Day	Show and tell with instruments – how do they sound? Exploring different musical genres – how are different instruments used?	Pancake day – decorate your own pancake with your own toppings	Making different instruments with junk modelling	Musical art – creating a poster inspired by your favourite instruments	Using parts of the body to create sounds and music Creating sound effects
	Colouring/drawing/flash cards/creating sounds and movements/singing				
	Musical bingo/Free play	Pancake tossing/instrument charades/Free play	Musical chairs/ /Free play	Pictionary/board games/free play	Rhythm relay activity/musical hot potato/ 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 10.03.2025					
Theme:	Create your own superhero character using arts/crafts and imagination!	Group discussion – what makes a hero? Who is your hero and why?	Design and create a superhero badge or shield	Superhero story time and roleplay	Group solving superhero activities – team games!
Superheroes	Storytelling/puzzles/reading/drawing/creative play/playdough				
	Relay racing/hopscotch/Free play	Obstacle course/Free play	Snakes and ladders/Tug of war/Free play	Pin the tail on the donkey/Free play	Dodgeball/Free play
W/C 17.03.2025					
Theme:	Exploring animals that live in the jungle and where	Learning about farm animals Creating farm animal puppets	Create an underwater collage using crafts, newspaper and materials	Making your own animal masks using paper plates, tissue paper and paint	Learning about artic animals Making snowflakes or penguin paper crafts
Animals' week	Reading/colouring/drawing/flash cards/arts and crafts/painting				
	Parachute game/Free play	Sleeping lions game/Free play	Singing/reading/Free play	Puzzles/flash cards/Free play	Dressing up/fish, fish, shark game/Free play

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Theme:					
Plants and trees	Planting seeds in pots Understanding the importance of plants in the environment	Tree art – create a tree poster using real materials	Discuss the importance of sunlight, water, and air for plants and how trees help the planet by producing oxygen Create a group display	Making a family tree	End of Term
	Nature walk/observations/shapes/colouring/cutting and sticking				
	Painting/hula hoops/Free play	Tree pose yoga game/Free play	Water pong game/Free play	Stuck in the mud game/Free play	End of Term

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