

	Sunday	Monday	Tuesday	Wednesday	Thursday
Coming in Activity Fine Motor 7:40 - 8:15	Filling and un-filling: Bags with wooden blocks	Puzzles	Wrapping and unwrapping – Silver foil	Screwing together the white and green metal balls	Does it fit?
Craft Skills 8:00 – 8:50	Magazines/Newspaper – ripping	Playdough	Glitter	Playdough	Chalk
Activity 1 8:15 – 8:45	Making Shakers (Rain stickers and paper towel rolls)	Mark Making – Stamping with pre-made and/or home made stamps, use ink pads	Large Sensory Bag will Gel Using the sensory bags, and playing with hair Gel	Newspaper Hats Folding newspapers and making hats (and other things)	Bang it out! Adult led rhythm – banging sound patterns out on pots
PAINTING 9:40 – 10:20	Painting with Lego pieces Using the pieces to Print with – just one or two colours. What shape does it make on the paper?	Painting with Rolling pins and other things that roll. Rolling the roller in the paint and across the paper	Painting with Pegs and Pompoms! Clasp a pom pom at the end of a peg, and dip it in paint, print with it	Fruit and Veg Peel Painting Collect peel from fruit and Veg and paint them (no paper)	Painting with Fingers Use hands and Fingers to spread paint on the paper – use one colour only
Activity 3 Outside Joint T1/2 10:55 – 11:20	Bubbles! Fill up a green bucket with bubbles and wash things, play with bubbles, and blow bubbles!	Shaving foam and food colouring On large trays with variety of animals or other small world play items	Sorting Beans and Rice Separating mixture of beans and rice, into sections of egg cartons	Digging in the Leaves Fill the frog with leaves, and hide things in side for the children to find as they play in the leaves	Puppets and Feelings Use puppets to talk about different feelings (sad, happy, Frustrated) and have the puppet read a story on the theme
Activity 4 2:15 – 2:50	Messy Play Water beads on trays on the floor, can add in glitter	Oil and Ice Play On large trays on the floor	Messy Play – GLOOP! Mixture of flour and water, can add in food colouring – on trays at a table	Visiting B2 In groups of 5, going upstairs to visit the younger children	Sensory (Messy) Spaghetti worms and food colouring – on Trays
Activity 5 3:30 – 3:50	Gross Moto Skills! Kicking and pushing (rolling) balls	Gross Motor Skills: Climbing and pulling our selves up on things. A range of challenges – inside and out	Ribbon Dancing (In the Sleep room) Clear the space and play classic music, children dance/move with ribbons	Large Fabric Play – Building dens (forts) inside and/or out (upside down tables)	Heuristic Play



	Sunday	Monday	Tuesday	Wednesday	Thursday
Coming in Activity			Balancing and Hand/eye	Does it Fit? Box	Colours and Categories
Fine Motor	Threading – putting	Puzzles	Co-ordination:	Collection of items,	Sorting coloured lego
7:40 - 8:15	shoelaces through shoe		Building towers with small	checking which ones fit	bricks (at tables) into
	lace holes		bricks that balance.	through the holes	different pots
Craft Skills					
8:00 - 8:50	Cutting	Sticking	Glitter	Cutting	Sticking
Activity 1	Glitter Playdough	Using Felt Pens		Making Musical	Messy Play:
8:15 - 8:45	Making Glitter playdough;	Encourage use of lids, and	THEME Activity	Instruments: Shakers,	Cooked Spaghetti with
	mix glitter (black food	feel the pens glide across	Festival	Pots, paper towel rolls,	food colouring, on trays
	colouring) in with the	the paper		drums	at the table
	dough				
PAINTING	Painting with Pegs and	Fruit and Veg Peel Painting	Painting with Fingers Use	Painting with Lego pieces	Painting with Rolling pins
9:40 - 10:20	Pompoms!	Collect peel from fruit and	hands and Fingers to	Using the pieces to Print	and other things that roll.
	Clasp a pom pom at the	Veg and paint them (no	spread paint on the paper	with – just one or two	Rolling the roller in the
	end of a peg, and dip it in	paper)	 use one colour only 	colours. What shape does	paint and across the
	paint, print with it			it make on the paper?	paper
Activity 3 Outside	Bubbles!	Shaving foam and food	Sorting Beans and Rice	Digging in the Leaves	Puppets and Feelings
Joint T1/2	Fill up a green bucket	colouring	Separating mixture of	Fill the frog with leaves,	Use puppets to talk about
10:55 – 11:20	with bubbles and wash	On large trays with variety	beans and rice, into	and hide things in side for	different feelings (sad,
	things, play with bubbles,	of animals or other small	sections of egg cartons	the children to find as	happy, Frustrated) and
	and blow bubbles!	world play items		they play in the leaves	have the puppet read a
A A	Oil and Lee Dieu		Dibbox Device /letter	Dina anna Alatana hattlaa	story on the theme
Activity 4	Oil and Ice Play	Messy Play – GLOOP! Mixture of flour and water,	Ribbon Dancing (In the Sleep room) Clear the	Pine cone/Nature bottles Create 'explore' bottles	Houristic Dlay
2:15 – 2:50	On large trays on the floor	can add in food colouring –	space and play classic	from nature items.	Heuristic Play
	11001	on trays at a table	music, children	https://www.pinterest.com/pin/179581103868057328/	
		on trays at a table	dance/move with ribbons		
Activity 5	Balancing	Rolling	Climbing	Jumping	Kicking, rolling and
3:30 – 3:50	_	_	_		throwing



	Sunday	Monday	Tuesday	Wednesday	Thursday
Coming in Activity Fine Motor 7:40 – 8:15	Filling and un-filling – Bags with ripped up magazines	Puzzles	Wrapping and unwrapping – With newspaper	Screwing together the white and green metal balls	Does it fit?
Craft Skills 8:00 – 8:50	Magazines/Newspaper - ripping	Playdough	Glitter	Playdough	Chalk
Activity 1 8:15 – 8:45	Broad Beans in balloons Pushing beans into balloons, Bean bags ;-)	Using Crayons on paper and/or card	Smelly Time Smelly a range of spices, rosemary and other brought in items	Using Glue! Sticking wool to card to make 'Hairy' creatures	Rock Music Head banging (dance) and Wooden spoons on pans
PAINTING 9:40 – 10:20	Painting: Animal Footprint painting	Painting: Painting on hard boiled egg shells, or by rolling the eggs on paper	Painting: Painting on leaves	Painting: Printing with potatoes	Painting: Painting with tea (not paint) using t- bags!
Activity 3 Outside Joint T1/2 10:55 – 11:20	Sorting the (real) fruit and vegetable delivery into categories and baskets (with skin/without, sweet, savoury, big, small)	Branches, leaves and twigs in the Frog with Pine Cones and other found items (Nature Play)	Sorting and Categorising: Sorting all the pom poms into different colours – using contains	Coloured Rice and Dry (uncooked pasta) In the frog	Body Parts songs with the puppets – difference voices (Rubbing my tummy, Tweaking my ears, Happy and you know it)
Activity 4 2:15 – 2:50	Soapy Slime Make soapy colourful larva for the children to play with! http://www.learning4kids.net/2012/09/06/messy- play-activities-for-toddlers-and-kids/	Oil and Water Play Vegetable oil and water mix with sea animals inside, trays on the table.	Making Play Dough Traditional dough recipe with food colouring	Visiting B2 In groups of 5, going upstairs to visit the younger children	Glitter play Glitter with Vegetable oil on trays on the table
Activity 5 3:30 – 3:50	Walk and Crawl on Pillows (balancing)	Climbing up and jumping off of boxes, platforms and other items in the garden	Dancing with musical instruments (we're going to Netanya, Here we go round the Mulberry Bush)	Where are the resources? Covering boxes of toys and baskets of resources with large fabrics – and finding them with the children	Heuristic Play

Toddlers Weekly Plan T2 Activity Plan Week 2



	Sunday	Monday	Tuesday	Wednesday	Thursday
Coming in Activity	Threading letters and	Puzzles	Throw the bean bags in	Does it fit on?	Categorising different
Fine Motor	numbers on strings		the hoop (on a carpet	Range of different size	brings into pots (wooden,
7:40 – 8:15	(necklaces)		inside)	polls – what fits on each one?	Stickle, lego etc)
Craft Skills	Cutting	Sticking	Glitter	Cutting	Sticking
8:00 - 8:50					
Activity 1	Making Playdough with	Using Chalks and Chalk	THEME Activity	Model making – sticking	Soapy Slime
8:15 – 8:45	Rosemary plants in it	boards – adult supported	Festival	ʻjunk modelling' items together (bottles, boxes, packaging)	Make soapy colourful larva for the children to play with! http://www.learning4kids.net/2012/09/06/messy- play-activities-for-toddlers-and-kids/
PAINTING	Painting: Printing with	Painting: Painting with tea	Painting: Animal Footprint	Painting: Painting on	Painting: Painting on
9:40 - 10:20	potatoes	(not paint) using t-bags!	painting	hard boiled egg shells, or by rolling the eggs on	leaves
Activity 3 Outside	Sorting the (real) fruit	Branches, leaves and twigs	Sorting and Categorising:	paper Coloured Rice and Dry	Body Parts songs with the
Joint T1/2	and vegetable delivery	in the Frog with Pine	Sorting all the pom poms	(uncooked pasta)	puppets – difference voices
10:55 – 11:20	into categories and baskets (with skin/without, sweet, savoury, big, small)	Cones and other found items (Nature Play)	into different colours – using contains	In the frog	(Rubbing my tummy, Tweaking my ears, Happy and you know it)
Activity 4	Oil and Water – Under	Gloop – using glitter, flour	Star Jumping to music off	Flower pressing	Heuristic Play
2:15 – 2:50	the sea play. 4 Green drawers with different consistencies and sea creatures (at tables)	and water	of the wooden blocks		
Activity 5	Balancing	Rolling	Climbing	Jumping	Kicking, rolling and
3:30 - 3:50					throwing



	Sunday	Monday	Tuesday	Wednesday	Thursday
Coming in Activity Fine Motor 7:40 – 8:15	Filling and un-filling	Puzzles	Wrapping and unwrapping	Screwing together the white and green metal balls	Does it fit?
Craft Skills 8:00 – 8:50	Magazines/Newspaper - ripping	Playdough	Glitter	Playdough	Chalk
Activity 1 8:15 – 8:45	Making Rainbow Plastic bottles (water/Oily Glitter)	Chalk boards and chalk (at tables)	Gel bags – make gel bags using zip lock, with different things in side (eg – animals)	Egg carton craft (googly eyes, pipe cleans, stickers, glitter)	Riding my tractor down a bumpy road (play song) sing, play instruments, and bring tractor, and farm animals
PAINTING 9:40 – 10:20	Painting on Dry Pasta (can make necklaces when its dry)	Foot printing on long strips of paper (outside 2 at a time)	Painting with brushes and sponges (White paint black card)	Painting with or on leaves (using green) – can stick them to paper when dry	Printing (paint(with corks (stamping and rolling)
Activity 3 Outside Joint T1/2 10:55 – 11:20	Collecting things from outdoors (worms, leaves, earth) in containers, then bringing insider to the table to look at items with magnified glass	Flour in green bucket/s – all different tools to shift and play with flour	Empty all straws onto trays, and sort them into different containers according to colour	Rice and Lentils to play with in the big green frog	Draw 'puppets' on the children (and staff) fingers, and tell stories, talk in different voices
Activity 4 2:15 – 2:50	Glitter and Salt Messy/sensory play (on trays <u>http://theimaginationtree.com/2012/06/lavender-and-glitter-sensory-salt.html</u>	Icey Hands (fill latex gloves with water and food colouring and freeze day before)	Gloop with water beads	Go upstairs to visit babies (in groups of 4 or 5)	Shaving foam and animals on trays
Activity 5 3:30 – 3:50	Throw eggs (or balls) into baskets, pots or trays	Heuristic Play	Dress up in costumes from T2 and dance – twirling round to 'Glee' music	Waving and shaking large fabric – hiding under it, crawling over it, each person holding corners	Climb every cushion



	Sunday	Monday	Tuesday	Wednesday	Thursday
Coming in Activity Fine Motor 7:40 – 8:15	Treading beads onto string	Puzzles	Screwing together the white and green metal balls	Building with the flat wooden sticks/blocks	Throwing different coloured dice, and counting the numbers (separating items with the same number)
Craft Skills 8:00 – 8:50	Cutting	Sticking	Glitter	Cutting	Sticking
Activity 1 8:15 – 8:45	Make Playdough (different colours) and add uncooked Rice in for different texture	Pencil and paper (swirls and circles)	THEME Activity Festival	Making Rainbow Plastic bottles (water/Oily Glitter	Shaving foam and animals on trays
PAINTING 9:40 – 10:20	Painting on and with leaves (using green)	Painting on Dry Pasta (can make necklaces when its dry)	Foot printing on long strips of paper (outside 2 at a time)	Painting with (ear) cotton buds	Painting with brushes (White paint black card)
Activity 3 Outside Joint T1/2 10:55 – 11:20	Collecting things from outdoors (worms, leaves, earth) in containers, then bringing insider to the table to look at items with magnified glass	Flour in green bucket/s – all different tools to shift and play with flour	Empty all straws onto trays, and sort them into different containers according to colour	Rice and Lentils to play with in the big green frog	Draw 'puppets' on the children (and staff) fingers, and tell stories, talk in different voices
Activity 4 2:15 – 2:50	Rainbow Soap Bubbles in green buckets (see link)	Icy Hands (fill latex gloves with water and food colouring and freeze day before)	Partners dancing (musical status) dance till the music stops!	Collecting Slugs, worms or other small animals in groups of three	Heuristic Play
Activity 5 3:30 – 3:50	Balancing	Rolling	Climbing	Jumping	Kicking, rolling and throwing

http://www.funathomewithkids.com/2013/08/rainbow-soap-foam-bubbles-sensory-play.html



	Sunday	Monday	Tuesday	Wednesday	Thursday
Coming in Activity Fine Motor 7:40 – 8:15	Filling and un-filling	Puzzles	Wrapping and unwrapping	Wooden Fine Motor / Hand eye equipment	Does it fit?
Craft Skills 8:00 – 8:50	Magazines/Newspaper - ripping	Playdough	Glitter	Playdough	Chalk
Activity 1 8:15 – 8:45	Making Kaleidoscopes (Kitchen rolls and transparent paper with sparkles inside)	Crayons and paper (Mark making)	Smelly Smutters Wrap smelling things in small pieces of materials, and children are invited to smelly and unwrap! Rosemary, Citrus, Cinnamon	Making Masks	Play classical music and use xylophones and sticks with groups of 4 children (borrow xylophones from the other groups)
PAINTING 9:40 – 10:20	Sponge painting	Big Brush painting	Painting with lost jigsaw pieces (Stamping)	Painting with things that roll	Paining vertically (paper stuck to the mirror)
Activity 3 Outside Joint T1/2 10:55 – 11:20	Sorting leaves Empty a large bag of leaves for the children to sort (sizes, colours, tree types)	Oats and Flour in the green frog	Sorting bricks and blocks Sorting all the different kinds of bricks and blocks into different containers	Beans and Peas play In the Green buckets – Different sized and shaped beans and chickpeas with funnels and pouring equipment	Puppet Show Square table on its side, and staff make puppet show for the children, and then leave them with, invite them to use puppets
Activity 4 2:15 – 2:50	Playing with Jelly on the floor in trays	Playing with toys that have been frozen in trays until they become 'free' from the ice	Shaving foam and food colouring with the dinosaurs	Visit babies	Spaghetti Play
Activity 5 3:30 – 3:50	Crawling through tunnels (borrow tunnel from babies and set up boxes and other things to crawl through)	Throwing balls into the Ball-pool (Take out all the balls in advance – sleep room)	Dancing with scarves in the sleep room	Heuristic Play	Magic Carpet! Children sit on large pieces of fabric and are pull around the room, sliding on the floor

http://laughingkidslearn.com/spaghetti-play/



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Coming in Activity Fine Motor 7:40 – 8:15	Filling and un-filling	Puzzles	Wrapping and unwrapping	Wooden Fine Motor / Hand eye equipment	Does it fit?
Craft Skills 8:00 – 8:50	Magazines/Newspaper - ripping	Playdough	Glitter	Playdough	Chalk
Activity 1 8:15 – 8:45	Making Kaleidoscopes (Kitchen rolls and transparent paper with Sparkles inside)	Crayons and paper (Mark making)	Smelly Smutters Wrap smelling things in small Pieces of materials, and children are invited to smell and unwrap! Rosemary, Citrus, Cinnamon	Making Masks	Play classical Music and use xylophones and sticks with groups of 4 Children (borrow Xylophones from the other groups)
PAINTING 9:40 – 10:20	Sponge painting	Big Brush painting	Painting with lost jigsaw pieces (Stamping)	Painting with things that roll	Painting vertically (paper stuck to the mirror)
Activity 3 Outside Joint T1/2 10:55 – 11:20	Sorting leaves Empty a large bag of leaves for the children to sort (sizes, colours, tree types)	Oats and Flour in the green frog	Sorting Bricks and blocks Sorting all the different kinds of bricks and blocks into different containers	Beans and Peas Play In The Green buckets Different Sized and shaped beans and chickpeas with funnels and pouring equipment	Puppet Show Square table on its side, and Staff make puppet show for the children, and then leave them with, invite them to use puppets
Activity 4 2:15 – 2:50	Playing with toys that have been frozen in trays until they become 'free' from the ice	Messy Sensory Play Grated Lemon, soap and strips of newspaper – fluffed up to play with	Foot massaging Children take off their shoes and socks and massage each others' feet	Tea party Using different types of tea bags to make pots of tea (lukewarm), pouring, drinking. Green tea, peppermint tea, fruit tea, black tea	Heuristic Play
Activity 5 3:30 – 3:50	Balancing	Rolling	Climbing	Jumping	Kicking, rolling and throwing



	Sunday	Monday	Tuesday	Wednesday	Thursday
Coming in Activity Fine Motor 7:40 – 8:15	Filling and un-filling	Puzzles	Wrapping and unwrapping	Wooden Fine Motor / Hand eye equipment	Does it fit?
Craft Skills 8:00 – 8:50	Magazines/Newspaper - ripping	Playdough	Glitter	Playdough	Chalk
Activity 1 8:15 – 8:45	Stain Glass Window Pictures	Marking on tin foil	Rice Play (pouring, measuring or transporting, or sensory bins)	Making Shakers (Large and small)	Things that BANG! Tins, Drums, Sticks – banging out rhythms . Drumming Circle!
PAINTING 9:40 – 10:20	Painting with sponges or brushes	Painting with fruit or Veg (printing)	Painting with glitter inside the paint	Painting with T-bags	Painting on the large mirror
Activity 3 Outside Joint T1/2 10:55 – 11:20	In The Water Tray: What Sinks and What Floats?	Rice and Lentils in the Frog	Prepare cut Rosemary and 1 or 2 other plants, and have them all in a big tub. The children sort the plants into their different species	Shredded paper or Strips of newspaper in the big green frog	Puppet will read a story about feelings
Activity 4 2:15 – 2:50	Making own playdough	Messy Play: Oil and Ice	Messy Play: Gloop with coloured rice, sparkles or alternatives	Visit Babies	Messy / Sensory Play: Soap Dough
Activity 5 3:30 – 3:50	Throw bean bags into pots, bins or bags	Large Blocks from T2 Lining up blocks in straight lines across the room, building towers with blocks	Bounce on balls whilst listening to music (sleep room)	Heuristic Play	Build (and play in) a fort (in the sleep room) using large fabrics, cushions, sticks



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Coming in Activity Fine Motor 7:40 – 8:15	Threading	Puzzles	Hand-Eye Co-ordination: Putting straws and/or pipe cleaners into containers with holes in	Shape and Space: Sorting shapes – using a variety of objects, sorting into trays (circles, squares, triangles	Colours and Categories: Green and Yellow Toys on the carpet; playing, sorting, mixing
Craft Skills 8:00 – 8:50	Cutting	Sticking	Glitter	Cutting	Sticking
Activity 1 8:15 – 8:45	Making Playdough	Mark Making: Using colour pencils on paper	Tu bishvat planting activity	Making paper aeroplanes and flying them, or paper boats and floating them	Messy / Sensory Play: Soap Dough
PAINTING 9:40 – 10:20	Painting with brushes	Painting with glitter inside the paint	Painting with T-bags	Vertical painting (on wall or easel)	Painting with fruit or Veg (printing)
Activity 3 Outside Joint T1/2 10:55 – 11:20	In The Water Tray: What Sinks and What Floats?	Rice and Lentils in the Frog	Prepare cut Rosemary and 1 or 2 other plants, and have them all in a big tub. The children sort the plants into their different species	Shredded paper or Strips of newspaper in the big green frog	Puppet will read a story about feelings
Activity 4 2:15 – 2:50	Melting ice cubes (coloured) in bowls of luke warm water	Messy Play: Gloop with coloured rice, sparkles or alternatives	Throwing and catching balls	Collecting Twigs (or sorting twigs that staff have collected. Putting different types of twigs in jars and containers	Heuristic Play
Activity 5 3:30 – 3:50	Balancing	Rolling	Climbing	Jumping	Kicking, rolling and throwing



	Sunday	Monday	Tuesday	Wednesday	Thursday
Coming in Activity Fine Motor 7:40 – 8:15	Filling and un-filling	Puzzles	Wrapping and unwrapping	Putting straws/pipe cleaners into tins with holes (hand-eye co-ordination)	Does it fit?
Craft Skills 8:00 – 8:50	Magazines/Newspaper - ripping	Playdough	Glitter	Playdough	Chalk
Activity 1 8:15 – 8:45	Making sock puppets – with odd/single socks. Sticking eyes, cutting holes, adding hair	Mark Making Chalk and small chalk boards	Sensory Play Playing with Jelly, squeezing it in our hands	Pasta Greeting cards Sticking Painted Pasta from previous days on card. Scribing messages inside	Things that 'shake' Gather together all the items that make a noise when shaking, rain sticker, shakers
PAINTING 9:40 – 10:20	Painting with cars	Painting on (dry/uncooked) pasta pieces	Painting with corks (printing)	Painting with fingers	Painting on newspaper
Activity 3 Outside Joint T1/2 10:55 – 11:20	Bubbles	Leaves (or alternative filler) in large green frog	Screwing up newspaper into balls and throwing into the large bins (Hand-eye co-ordination/gross motor	Messy Play Playing with the straws in shaving foam	Role Play – set up shop outside (bring out role play equipment)
Activity 4 2:15 – 2:50	Messy Play Gloop	Washing things The 'cleaning' quality of water. Choosing different toys/dolls to wash in large tubs of soapy water	Water Beads Sensory Play Can add flour to make it more messy!	Visit Babies	Messy Play Shredded Paper, grated soap, Rosemary in 2or 3 large green buckets on the floor to play with
Activity 5 3:30 – 3:50	Climbing and Jumping Bring in all the crates to the sleep room and climb and jump!	Ball-pool Inside Put the ball pool in the sleep room, and take out ALL the balls for the children to replace	Large Fabric Play – layout all the sheets, large fabric pieces with the children and move/dance with Israeli folk playing	Heuristic Play Session	Climb every cushion (in the sleep room) Al the cushions from T and 2, and the trampoline



	Sunday	Monday	Tuesday	Wednesday	Thursday
Coming in Activity Fine Motor 7:40 – 8:15	Threading ribbons through peg boards with holes	Puzzles	Putting straws/pipe cleaners into tins with holes (hand-eye co-ordination)	Object and Shape Matching Pieces of cards with the outline of different objects. Matching the object to the shape outline	Sorting Blocks Variety of different pots on the floor, sorting blocks into different colours
Craft Skills 8:00 – 8:50	Cutting	Sticking	Glitter	Cutting	Sticking
Activity 1 8:15 – 8:45	Making Playdough	Using Crayons on paper to Draw around objects	THEME Activity Festival	Making pasta necklaces with the painted pasta from previous days (treading onto strings, adding glitter, counting)	Gloop
PAINTING 9:40 – 10:20	Painting on newspaper	Painting on (dry/uncooked) pasta pieces	Painting with fingers	Painting with cars	Painting with corks (printing)
Activity 3 Outside Joint T1/2 10:55 – 11:20	Bubbles!	Leaves (or alternative filler) in large green frog	Screwing up newspaper into balls and throwing into the large bins (Hand-eye co-ordination/gross motor	Messy Play Playing with the straws in shaving foam	Role Play – set up shop outside (bring out role play equipment)
Activity 4 2:15 – 2:50	Caring for our babies Wash the dolls, wash their hair, change their clothes, give them baths	Messy Play Shredded Paper, grated soap, Rosemary in 2or 3 large green buckets on the floor to play with	Aerobics Children copy 'leader' to pop music, stretch, jogging, Star jumps	Planting watercress	Heuristic Play
Activity 5 3:30 – 3:50	Balancing	Rolling	Climbing	Jumping	Kicking, rolling and throwing