



Extra Curriculum Activities

Monday- Music time	Tuesday	Wednesday	Thursday	Friday
<p>Supporting communication and language development through music time</p> 	<p>Activities supporting children's well being</p> 	<p>Supporting children's Physical development</p> <p>Types of Physical Activity</p> <p>There are four different types of physical activity.</p> 	<p>Sensory play -Supporting children's curiosity</p> 	<p>Bucket time</p> 
<p>Babies -Music time</p> <p>Communication & Language: Listening and attention, understanding, speaking</p> <p>Personal, Social & Emotional Development: Bonding, shared enjoyment, attention</p>	<p>.Sensory Basket Exploration</p> <p>Fill a small basket with safe, calming items:</p> <p>Soft fabric squares</p> <p>Wooden rings</p> <p>Feather</p>	<p>Babies -</p> <p>Cruising Station- Encourage children to "cruise" along the edge, moving sideways while holding on</p> <p>Push & Walk Toys</p> <p>Offer sturdy push toys like baby</p>	<p>Babies</p> <p>Activity Soft Sensory Basket</p> <p>Basket filled with soft fabrics, silk scarves, plush toys, rubber rings, and textured balls</p>	<p>Babies</p> <p>Attention Grabber</p> <p>Bubble machine or blowing bubbles:</p> <p>Language: "Pop!" "Wow!" "More?"</p> <p>Shiny foil blanket crinkled and waved</p>

<p>Expressive Arts & Design: Exploring sound, music, movement</p>	<p>Silk scarves Let baby touch and explore at their own pace</p>	<p>walkers, mini trolleys, or prams Encourage children to walk across soft mats or short distances <i>Strengthens leg muscles and supports coordination</i></p>	<p>Encourage children to explore textures at their own pace Use calm voice to name textures: "Soft," "Smooth," "Bumpy" <i>Supports tactile exploration and calming through gentle sensory input</i> EYFS: Physical Development - Moving and handling; Personal, Social & Emotional Development - Managing feelings and behaviour</p>	<p>Language: "Shake shake!" "Look!" - Simple Visual Play Light-up toys from the bucket Language: "On!" "Light!" "Blue light!" Spinning tops or ribbon wands Language: "Spin!" "Round and round!" Stage 3 - Very Simple Turn-Taking Push and go cars or soft balls Encourage passing or rolling to adult Language: "Ready... go!" "My turn!"</p>
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				<p>Animal puppet "hello" game</p> <p>Language: "Hello pig!" "Oink oink!"</p> <p>Focus: Eye contact, joint attention, first words, simple sounds and repetition</p>
<p>Toddlers- Music time</p> <p>Develop early vocabulary through songs and actions</p> <p>Support listening, understanding, and following instructions</p> <p>Encourage turn-taking and expressive language</p> <p>Strengthen social communication (e.g., eye</p>	<p>Toddlers</p> <p>Sensory Trays with Calming Materials</p> <p>Stretch & Breathe Together</p> <p>Simple actions:</p> <p>Yoga & Mindful Breathing</p> <p>Draw Your Feelings</p>	<p>Toddlers -</p> <p>Mini Obstacle Course</p> <p>Throwing & Catching Practice</p> <p>Use soft balls or bean bags</p> <p>Encourage rolling, gentle throwing into baskets, or catching with both hands</p> <p><i>Supports hand-eye coordination and confidence</i></p> <p>EYFS Link: Physical</p>	<p>Calming Sensory Bottles</p> <p>Clear bottles filled with water, glitter, beads, and a few drops of food colouring</p> <p>Encourage children to shake and then watch the glitter slowly settle</p> <p>Invite deep breaths together while watching the calming visuals</p> <p><i>Teaches self-regulation and visual focus</i></p> <p>EYFS: Personal, Social & Emotional Development -</p>	<p>Toddlers -</p> <p>Visual Attention</p> <p>Pop-up toy or jack-in-the-box</p> <p>Language: "Ready... POP!"</p> <p>Glitter bottle swirls</p> <p>Language: "Wow!" "Look!" "Shake shake!"</p> <p>Build Attention</p> <p>Magic painting with water on cardboard</p>

<p>contact, gestures, singing along)</p> <p>Promote confidence in using words, sounds, and music</p>		<p>Development - Manipulative skills</p>	<p>Managing feelings and behaviour</p> <p>Nature Touch & Feel Box</p> <p>Collect natural objects: smooth stones, pine cones, leaves, shells</p> <p>Encourage children to feel and describe objects using simple words</p> <p><i>Builds sensory vocabulary and connection to nature</i></p> <p>EYFS: Understanding the World; Communication & Language</p>	<p>Language: "Wet!" "Red!" "Paint!"</p> <p>Feather floating game</p> <p>Language: "Up!" "Catch!" "Soft!"</p> <p>Turn-Taking</p> <p>Feed the puppet with toy food</p> <p>Language: "Banana!" "Yummy!" "My turn!"</p> <p>Musical instruments - one at a time</p> <p>Language: "Shake!" "Drum!" "Who's turn?"</p> <p>Focus: Naming objects, simple two-word phrases, watching and copying</p>
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Preschool -Music time	Preschoolers	Preschools	Preschools	Focus and Excitement
Supporting Communication & Language Development Encouraging Simple Choice-Making and Expressive Confidence Led by: Miss Jessica with her musical instrument Develop expressive and receptive language skills Expand vocabulary through songs and repetition Encourage decision-making by offering song, movement, or instrument choices Support listening, turn-taking, and following instructions Build confidence in using voice and making independent choices	Draw Your Feelings Yoga & Mindful Breathing (5-10 mins) Poses: Butterfly pose Tree pose Star stretch Sensory Trays with Calming Materials Materials: Warm water with floating flowers Dry oats or rice with scoops	Gross Motor Games Running races, hopping games, balance beam walking Use cones or hoops for obstacle challenges <i>Develops strength, control, agility, and stamina</i> EYFS Link: Physical Development - Moving and handling Fine Motor Stations Threading beads, using tongs, stacking blocks, playdough play Rotate tools like tweezers, spoons, and pipettes	Aroma Play Dough Provide play dough scented with calming aromas (lavender, chamomile) Encourage slow, mindful kneading and shaping <i>Supports fine motor skills and sensory regulation through scent</i> EYFS: Physical Development; Expressive Arts & Design; Personal, Social & Emotional Development General Tips for the Calm Sensory Area Use soft lighting (fairy lights, lamps) and natural materials	Wind-up toy race Language: "Go fast!" "Who wins?" "Wow!" Confetti popper (safe version) Language: "Pop!" "Color!" "What's that?" - Interactive Show Balloon pump + balloon fly off Language: "Big!" "Fly away!" "Where is it?" Melting ice surprise (toy inside ice cube) Language: "Cold!" "Melt!" "Look - it's a car!" Stage 3 - Turn-Taking Game Emotion puppets - children take turns choosing a

	<p>Soft fabric scraps or pom-poms</p>	<p><i>Builds finger strength and hand control for writing</i> EYFS Link: Physical Development - Fine motor skills</p> <p>. Ball Skills</p> <p>Kicking, throwing into targets, catching games</p> <p>Introduce rules: "Wait your turn... throw when I say 'go'"</p> <p><i>Develops coordination, patience, and listening</i> EYFS Link: Physical Development, Personal Social Emotional</p> <p>"Body Part" Simon Says</p> <p>"Simon says touch your toes... jump like a frog... spin like a star..."</p> <p><i>Promotes listening, body</i></p>	<p>Keep the area quiet or play soft ambient music/nature sounds</p> <p>Offer comfortable seating (beanbags, cushions) for emotional safety</p> <p>Encourage turn-taking and gentle interactions with materials</p> <p>Model calm breathing and use soothing language to support emotional literacy</p>	<p>puppet and saying how it feels</p> <p>Language: "Happy!" "Sad" "I feel..."</p> <p>"What's in the bucket?" mystery bag</p> <p>Each child takes a turn pulling and naming object</p> <p>Language: "It's a duck!" "Yellow duck!" "Quack!"</p> <p>Focus: Full sentences, describing, asking questions, understanding emotions</p>
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		<i>awareness, and physical confidence</i> EYFS Link: Communication & Language, Physical Development		
Staff Leading:	Staff Leading:	Staff Leading:	Staff Leading:	Staff Leading:

