

Extra-Curricular activities

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Drama	Culture	Messy	Maths	Food experience day
Week 2	Maths	Food experience day	Drama	Culture	Messy
Week 3	Culture	Maths	Messy	Food experience day	Drama
Week 4	Food experience day	Messy	Maths	Drama	Culture
Week 5	Messy	Drama	Food experience day	Culture	Maths

Maths - Maths is an important part of the EYFS Framework, and an essential life skill for children. As well as developing numeracy, it supports skills such as problem solving, understanding, and using shapes and measure, and improves children's spatial awareness. It also helps them to recognise, create and describe patterns, which is essential for early problem-solving skills. In short, introducing maths to children from an early age helps to develop their understanding of all elements of maths, problem solving and reasoning in a broad range of contexts. Practitioners need to be able to provide opportunities for children to practise their developing skills and knowledge, so they improve their competence and confidence in using them.

Messy-Messy play is all about learning through experience. It involves using all five senses to explore how things feel, smell and taste, as well as what they look and sound like when we interact with them. You can give your child the freedom to use messy play materials in whatever way they like to help encourage them to learn independently. Messy play can also really aid your child's physical development. Through play, they will be developing things like fine and gross motor skills, and hand-eye coordination.

Culture - We want to help young children identify with the diverse communities around them through communication, creativity and confidence building, while delivering important and universal messaging around mindfulness, diversity and sustainability. I feel that with educational programming along with nurseries and schools integrating diversity and inclusivity as an everyday norm, we can help make a difference in cultural awareness and education through those very important early years and beyond.

Drama-DRAMATIC PLAY TEACHES SELF-REGULATION. Pre-schoolers are known for acting with impulse, so dramatic play is a great steppingstone for learning to self-regulate their emotions and actions. Interestingly, when children assign and accept roles in dramatic play, they are motivated to stick to them, thinking of them as rules to follow, even if they are made up by themselves. This helps children develop the ability to coordinate and plan with others as well as control their impulses. Dramatic play teaches and encourages expressive language and the use of new vocabulary. Children are motivated to communicate their wishes to their peers and therefore must learn to speak from the perspective of their pretend roles. Additionally, dramatic play is often a very comfortable place for children who are shy or withdrawn to participate in a group. It serves as a safe place for children to learn and practice social skills.

Food experience Cooking can help young kids learn and practice some basic math concepts and build language skills. And eating meals with you can help build their self-confidence and lay the foundation for healthy eating habits. As well as cooking developing all seven areas it is a sensory experience engaging often all five-sense making it a more memorable experience and truly engaging the children in the early years.