



'CHILDRENS WEEK – HEALTH & NUTRITION'

WEEK OF:

Monday 27th October

My Gym Kids Fitness Program @ 10.00am
Gymnastics, Exercise & Obstacle Course

Wednesday 29th October

Craft/Equipment

- Growing Me Doll
- Vegetable People
- Blow Painting
- Fruit Bowl Glueing
- Play Gym, Baby Corner, Spinning Top, Bead Table, Cubby House, Climbing Steps, Duplo, Dress Up, Train Table, Home Corner, Wooden Blocks, Road & Rail, Puzzles.

Cognitive/Literature Room

- Reading Corner, Magnetic Board, Play Beads Dolls House.

OUTDOOR/ACTIVE PLAY:



CHILDREN MUST WEAR HATS

- Woodland Climber, Cars in Sandpit, Motor Bikes, Zippy Riders, Ride-On's, Wheelies, Hula Hoops, Spinning Top, Balance Buckets & Logs, Bubble Blowing, Home Corner.

MAT TIME

- **Dance/Movement Songs**
Mulberry Bush
Rock-a-Bye Bear
Jump If You Feel You Want To
Yoga
- **Songs/Fingerplays**
Five Green Bottles
Heads & Shoulders
- **Sign Language**
Revision plus apple, orange, banana, pear
- **Story**
Fun Yum Friends

QUALITY ASSURANCE INDICATORS

- 3.5.1 Many opportunities are provided for children to play with open ended materials that encourage fine motor manipulation. For example, construction toys and materials, play dough and sand
- 3.5.2 Many opportunities are provided for regular energetic play to help children develop coordination, balance, agility, endurance, flexibility and strength in their gross motor movements
- 3.5.3 Everyday activities are used to develop children's motor skills. For example, gardening, mixing ingredients, preparing for meals and snacks and folding washing
- 3.5.4 All children have regular opportunities for indoor and outdoor play