

**PRE-PREP SCHOOL ENRICHMENT PROGRAMME INFORMATION SHEET
MICHAELMAS TERM 2023**

Below is a list of the various activities that the children will be able to experience over the course of the term. The external clubs need to be signed up for and the children must commit to these for the term.

EYFS	
Fine Motor Skills	Fine motor skills involve small muscles working with the brain and central nervous system to control movement in the hands and fingers. This club will involve a number of activities including such as cutting and sticking, using stencils, using large tweezers to pick up small objects etc.
Mindfulness	An opportunity to teach children meditation and mindfulness skills in order to help them increase their well-being. This will be done through a variety of activities including stories, colouring in, music, games.
Lego/Construction	Excellent opportunity to develop motor skills, hand-eye co-ordination, social reasoning, cognitive flexibility and a capacity for creative divergent thinking.
Board Games and Puzzles	Board games are an exciting way of boosting language skills, sharpening focus and teach the value of teamwork. Jigsaw puzzles help to develop and refine a child's fine motor skills, hand eye coordination and spatial awareness. They also develop cognitive skills, improve memory and attention span. Of course, there is the element of satisfaction and fun.
Playdough	Here the children will have the chance to make playdough with a variety of scents and colours and use ready-made playdough to develop their imagination and support with strengthening the hand arches and finger joints.
Makaton	Makaton is a language programme that uses signs together with speech and symbols, to enable people to communicate. It supports skills such as attention, listening, comprehension, memory and expressive speech. Here children will be taught various signs and songs that use signing.
Craft	Creative fun using a variety of media
Photography	Children will be taught how to use an iPad to take images. Weekly themes could include creating a scene, nature or classroom based.
Scissor Skills	There are many benefits to cutting with scissors, including: independent movements of each finger, strengthens hand muscles, Bilateral coordination skills, visual-motor skills, visual perceptual tasks, fine motor skills, but for young children to be able to independently use scissors is a
Book Club	Settled down to a story with our Early Years team or share a book with a friend. Stories are an important part of practicing reading skills! Hearing stories from your imagination helps kids form pictures in their mind and use their own imagination. These skills will help kids picture and understand words when they read books independently.
Big Art	Get those gross motor skills ready for some large-scale art using a variety of media.
Science Experiments	Budding Scientists will learn through experiments observing changes right in front of their eyes.
Small World	Small world play in the Early Years is a form of imaginative play in which children use props or toys. It encourages children to use these small props and their imaginations to create detailed and playful worlds. They can use a range of tools to inspire their play, including toys you can make together.
Movies	A chance to unwind and watch a movie at the end of a busy week.

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KS1	
Book Club	Stories play a vital role in the growth and development of children. They nourish imaginations, expanding children's worlds. This is a time to sit back, relax and be immersed in the wonderful world of books.
Bee-bots	Our Bee-Bots are a perfect starting point for teaching control, directional language and programming.
Hama Beads	Excellent opportunity to develop fine motor skills, hand-eye co-ordination, social reasoning, cognitive flexibility and a capacity for creative divergent thinking.
Craft	Creative fun using a variety of media
Mindfulness	An opportunity to teach children meditation and mindfulness skills to help them increase their well-being. This will be done through a variety of activities including stories, colouring in, music, games.
Busy Fingers	Excellent opportunity to develop motor skills and hand eye co-ordination in a relaxed setting.
Drawing	An opportunity to explore the environment through drawing, stimulating the imagination. Drawing also helps to develop fine motor skills, encourages visual analysis and helps establish concentration.
Lego/Construction	Excellent opportunity to develop motor skills, hand-eye co-ordination, social reasoning, cognitive flexibility and a capacity for creative divergent thinking.
Playdough	There are many benefits of children playing with playdough including developing fine motor skills, creativity, vocabulary, literacy and numeracy and much more. Playdough also motivates children to explore its sensory qualities. It also strengthens small fingers, hands and wrists.
Electricity	Children will explore the basic principles of electricity.
Puzzles and Games	Board games are an exciting way of boosting language skills, sharpening focus and teach the value of teamwork. Jigsaw puzzles help to develop and refine a child's fine motor skills, hand eye coordination and spatial awareness. They also develop cognitive skills, improve memory and attention span. Of course, there is the element of satisfaction and fun.
Choir	As part of Mrs Fulford's plan to develop music in the Pre-Prep, she wants all children to have the experience of being in the choir. Singing is one activity that gets different parts of the brain functioning together. It improves respiratory and cardiac functioning, the cognitive processes and helps to boost self-confidence. On top of that, it is fun!

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External Clubs – these need to be signed up for	
Yoga (chargeable activity)	Run by Jess White, yoga increases strength, flexibility, and coordination. It is intended to be fun and may include age-appropriate games, animal sounds and creative names for poses.
Ballet (chargeable activity)	Run by Miss Sarah and Miss Holly, these sessions focusing on enjoying the freedom and enjoyment of dance.
Street Dance (chargeable activity)	The freestyle dance club is a fun, high energy, freestyle dance club where your child will learn new dance moves and tricks to the latest chart music. It is run by Miss Natalie.
Parkour (chargeable activity)	A new and exciting opportunity for our children to learn the fundamental movements and methods of parkour. Regular movement and exercise is a vital aspect of every healthy child's upbringing.
Football	Run by our very own Hilden Grange Sport Staff, this club is open to both boys and girls who wish to develop their football skills.