



N.O.O.S.H

**Program Term 1 Week 2: Red Week- Heart Disease Awareness
1st February - 5th February**

Monday

Tuesday

Wednesday

Thursday

Friday

**M
O
R
N
I
N
G**

**Breakfast
7am – 8.30am**

**Creative Activities
7am – 8.30am**

**Activities and
Games
7am – 8.30am**

Chess competition

Nail salon

Wool bracelet
weaving (CS)

Mask making

Cup pong

Soccer skills/ kicking
practice

BOUNCE

Golden child

Handball
tournament

Golden goal soccer
shootout

Programming Codes:

F: Follow Up

DD: Daily Diary

CC: Cultural Considerations

CS: Child Suggestion

PS: Parent Suggestion

SS: Staff Suggestion

E: Extension



N.O.O.S.H

**Program Term 1 Week 2: Red Week- Heart Disease Awareness
1st February - 5th February**

Monday

Tuesday

Wednesday

Thursday

Friday

**A
F
T
E
R
N
O
O
N**

Afternoon Tea
3.15pm – 3:45pm

Craft
3.30pm – 5:30pm

Sport
4:00pm – 5:30pm

Activity
3.30pm – 5:30pm

Late Activity
5:45pm – 6:30pm

Paddle Pop Cars

Flying Saucer Craft

Lady Bug Craft

Craft Stick Harmonica

Paper Straw Tulips

Crab Soccer

Netball Drills

Relay Races-
Measuring Your
Pulse

Around The World

Obstacle Course

Heart Pump
Experiment

Chalk Board
Drawing

Banana Muffins

Lung Experiment

Healthy Heart
Activity Sheet

Silent Ball

Chinese Whispers

Piggy In The Middle

Buzz

20 Questions

Programming Codes:

F: Follow Up

DD: Daily Diary











CC: Cultural Considerations

CS: Child Suggestion

PS: Parent Suggestion

SS: Staff Suggestion

E: Extension

<p>Monday AM</p> 	<p>Tuesday AM</p> 	<p>Wednesday AM</p> 	<p>Thursday AM</p> 	<p>Friday AM</p> 
<p>Monday PM</p> 	<p>Tuesday PM</p> 	<p>Wednesday PM</p> 	<p>Thursday PM</p> 	<p>Friday PM</p> 

MONDAY :

<https://www.funlovingfamilies.com/diy-car-and-truck-popsicle-stick-christmas-ornaments/>

<https://forgetfulmomma.com/2018/09/18/heart-pumping-science-experiment/>

TUESDAY:

<https://www.theinspirationedit.com/spaceship-alien-craft/>

Programming Codes:	F: Follow Up	DD: Daily Diary	CC: Cultural Considerations	CS: Child Suggestion	PS: Parent Suggestion	SS: Staff Suggestion	E: Extension	
--------------------	--------------	-----------------	-----------------------------	----------------------	-----------------------	----------------------	--------------	--

WEDNESDAY:

<http://www.housingaforest.com/paper-plate-ladybug/>

<https://www.taste.com.au/recipes/banana-muffins-4/3f8f270d-0a8b-43e1-915c-7102636802e7>

THURSDAY:

<https://frugalfun4boys.com/sound-science-kids-make-craft-stick-harmonica/>

<https://www.steamsational.com/osmosis-for-kids-blood-cell/>

FRIDAY:

<https://iheartcraftythings.com/paper-straw-tulip-craft.html>

<https://healthpoweredkids.org/wp-content/uploads/2015/08/Healthy-Heart-Worksheet11.pdf>

Resources Required

- Black buttons
- Balloons
- Straws
- Food colouring
- Googly eyes
- Self-raising flour
- Milk
- Egg
- Salted butter
- Brown sugar
- Cinnamon
- Bananas
- Tongue depressor
- Clear bottle

<i>Programming Codes:</i>	<i>F: Follow Up</i>	<i>DD: Daily Diary</i>	<i>CC: Cultural Considerations</i>	<i>CS: Child Suggestion</i>	<i>PS: Parent Suggestion</i>	<i>SS: Staff Suggestion</i>	<i>E: Extension</i>	
---------------------------	---------------------	------------------------	------------------------------------	-----------------------------	------------------------------	-----------------------------	---------------------	--

<i>Programming Codes:</i>	<i>F: Follow Up</i>	<i>DD: Daily Diary</i>	<i>CC: Cultural Considerations</i>	<i>CS: Child Suggestion</i>	<i>PS: Parent Suggestion</i>	<i>SS: Staff Suggestion</i>	<i>E: Extension</i>	
---------------------------	---------------------	------------------------	------------------------------------	-----------------------------	------------------------------	-----------------------------	---------------------	--