





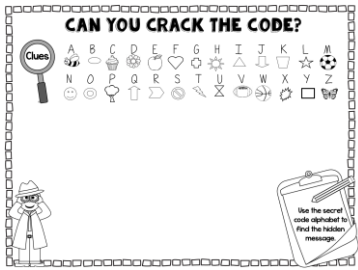


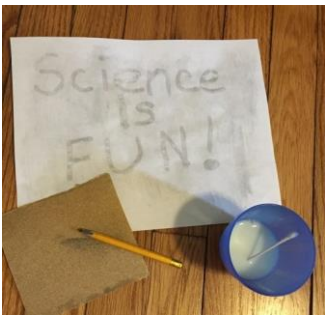
		Program Term 1 Week 5: Safety Week 22nd - 26th February				
		Monday	Tuesday	Wednesday	Thursday	Friday
M O R N I N G	Breakfast 7am – 8.30am	Children are offered a selection of cereals including rice bubbles, weet bix, corn flakes, cheerios and toast with assorted spreads. From time to time there is also bacon, eggs, yoghurts & assortment of fruits				
	Creative Activities 7am – 8.30am	Make Juggling Balls with rice (SS)	Healthy Cooking Activity: Make Orange & Cranberry Muffins (CC)	Water colour bookmarks (CS)	Cardboard Playground model (SS)	Puzzles, mazes, Code breakers

	Activities and Games 7am – 8.30am	Lego Building Challenge (SS) Matching games, Memory Games	Sports Word Search(SS) Hamma Beads designs (A.S)	Twister Floor Game (CS) Bug BINGO (CS) Outdoors: Ship, Shark Shore! Group Game (SS)	Spot The difference picture (SS) Straw connectors construction	Wooden block neighbourhood Outdoors: PACMAN Game (SS)
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		 Program Term 1 Week 5: Safety Week 22nd - 26th February				
		Monday	Tuesday	Wednesday	Thursday	Friday
A F T E R N O O N	Afternoon Tea 3.15pm – 3.45pm	Finger Sandwiches	Yoghurt & Frozen Fruits	Vege Sticks, Chips & Dips	Spinach & Cheese Ravioli	Nice-cream (Frozen fruit smoothies)
	Junior Activity 3.30pm – 5:30pm	Bike Craft with Lego characters	Sports gear dress-ups & relays	Beach scenes - sponge painting & textures	Make a playground model	Making Codes Invisible Ink (SS)
	Junior Sport 4:00pm – 5:30pm	Scooter boards & skipping	Tea ball	Aiming/target games	Cricket	Playground Equipment

<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>	
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	Senior Activity 3.30pm – 5:30pm	Lego Building challenge	Scooter boards on the pathway & soccer (oval)	Cricket on the oval / nets	Use the playground equipment	Basketball drills
	Late Activity 5:45pm – 6:30pm	Celebrity Head Game	Golden Child on the Courts	Minute-2-Win it Bottle Flipping Challenge!	Rob the Keys game!	Hangman on the whiteboard

Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM
				
Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM
				

AM Instructions

Resources Needed:

Monday AM: Juggling Balls

Rice, funnels, balloons, scissors



1. Pour about half a cup of rice* into an empty water or soft drink bottle (if you don't have a funnel, make one from the top of a second bottle).

* The size of your juggling balls depends on the amount of rice you use.

2. Inflate a balloon to about the size of a grapefruit, twist the neck and stretch it over the neck of the bottle.

3. Turn the bottle upside down so all the rice falls into the inflated balloon – then remove the balloon from the bottle and let it deflate.

4. Cut the neck off the balloon – the rice will stay in the balloon.

5. Cut the neck off a second balloon and stretch it over the hole to seal the rice into your juggling ball.

You could use the ball like this, but they look heaps better if you add more balloons for some patterns and colour.

6. Cut the neck and a piece of the top off a third balloon and stretch it over the ball to get a single stripe of colour.

7. You can cut lots of very small holes in a balloon by pinching it between your finger and thumb and carefully cutting off the tips – remove the neck and stretch over a ball to make spotty patterns.

8. Done! You've just made some fantastic juggling balls ... now all you have to do is learn how to juggle!

Tuesday AM: Orange & Cranberry Muffins

Ingredients:

2 & 1/2 cups (310g) all-purpose flour

4 tsp (15g) baking powder

1/2 tsp (2.5g) salt

1/2 cup (125ml) vegetable oil

1 & 1/4 cups (250g) sugar

2 large eggs

1/2 cup (125ml) milk

zest of one orange (about 1 tbsp)

1 tsp (5ml) vanilla extract

1/4 cup (62ml) freshly squeezed orange juice

1 & 1/2 cups (150g) fresh cranberries

instructions

1. Preheat oven to 425°F. Spray a 12 cup muffin tray with non-stick cooking spray or line with paper liners.
2. In a large bowl, toss together the flour, baking powder and salt. Set aside.
3. In a medium bowl, whisk together the vegetable oil, sugar, eggs, milk, orange juice, vanilla and orange zest. Slowly add to the dry ingredients. Mix until JUST combined, then fold in the cranberries.
4. Divide the batter into the 12 muffin cups.
5. Bake at 180 degrees for 5 minutes, then reduce the oven temp to 375°F and bake for another 13-15 minutes or until a toothpick inserted into the center comes out clean.

Sports Word Search Puzzle:

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Name: _____ Date: _____
SPORTS WORD SEARCH



P S V B A C Y C L I N G S
 S K U O O T M G G O L F W
 O I C X L A H N T H T W I
 C I R I P L B L C P E E M
 C N I N H T E O E M N U M
 E G C G H K C Y Y T N B I
 R J K L N T D T B W I E N
 I C E H O C K E Y A S C G
 U F T F O O T B A L L L S
 R U G B Y B A S E B A L L
 G Y M N A S T I C S R X K
 B A S K E T B A L L T O B

ICE HOCKEY
 FOOTBALL
 SOCCER
 SWIMMING

TENNIS
 ATHLETICS
 GYMNASTICS
 CRICKET

BASEBALL
 BOXING
 BASKETBALL
 VOLLEYBALL

GOLF
 RUGBY
 SKIING
 CYCLING

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Wednesday Am: Water Colours Bookmark

Water colours ,Cardboard

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Thursday AM: Cardboard Construction:

Assortment of cardboard/recycled items

Masking Tape

Aluminium Foil

Wooden dolly pegs

Spot The Difference Pictures:

Find all the differences in this park scene and circle them. There are 5 differences between the two park pictures - can you find them all?



Friday AM: Crack the Codes Activities:

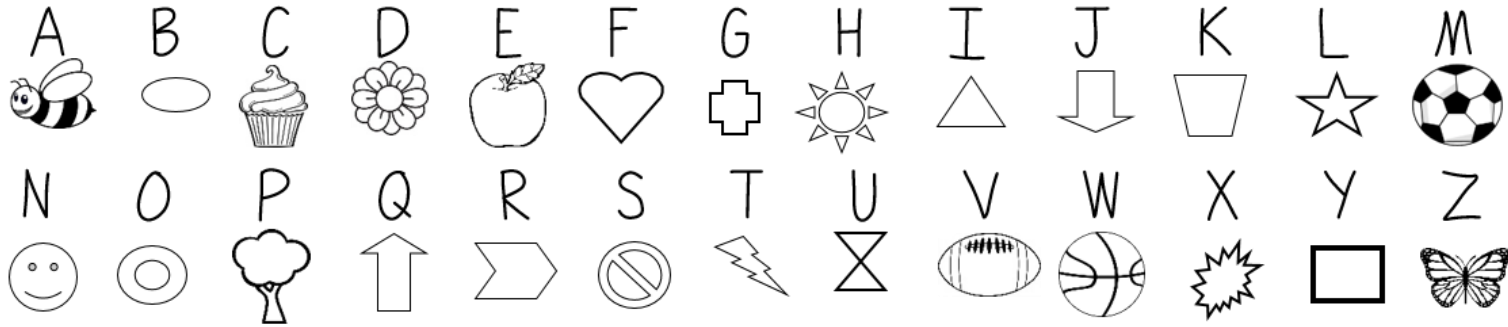


Wooden Block Neighbourhood

Mix of small & large sized wooden blocks. Lego figurines, plastic toy figurines, cars, houses, shops



CAN YOU CRACK THE CODE?



PM Instructions

Monday PM: Bicycle Craft:

Cupcake patty tin liners

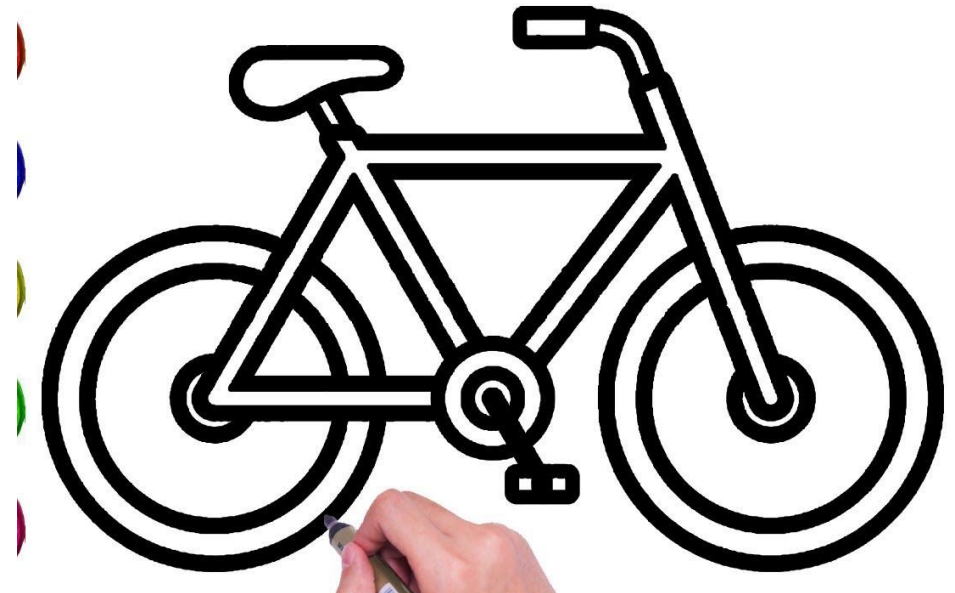
Glue

Drinking straws

Wool/string

Tape

Texas



Tuesday PM: Dress-up Game relay:

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Equipment needed

- Two similar piles of dressing-up clothes - e.g: sunglasses, scarfs, hats, beanies, long pants, gloves, dresses/skirts, big tshirts

About the activity

This fun dressing up game can be played outdoors or in a large indoor area. Ask the children to get into two teams. Provide a pile of dressing-up clothes for each team, making sure that they have the same number of items. You can put the clothes in open boxes or just heap them on the floor!

Ask the teams to line up next to one other, behind their dressing-up clothes. The first players must put all of the items on top of their own clothes as quickly as possible, then run to the finish line and back again before taking the items off. Each player takes their turn and the first team to finish wins the relay.

Wednesday PM: Beach Sponge Painting:



- Sponges
- Large paper/cardboard
- Paints - blues, yellow, oranges
- Textured scrapers

Thursday PM: Playground Model:

Paddlepop sticks

Cardboard

PVA Glue

Hot glue gun



Friday PM: Invisible Ink:

White Paper

Milk

cotton tips

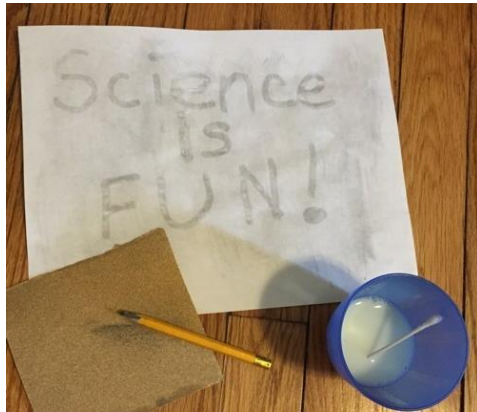
Hair dryer

OR

Wax candles

Black /purple water

Paint scrapers



paint

