

# School's out

AFTER SCHOOL ACTIVITIES MADE EASY!

Program of Activities for  
Kindergartens-Grade Ones  
**2020-2021**

# Before school care activities schedule

## **Before School Arrival 6:45-7:15am**

**M** As children arrive, they participate in quiet activities (card games, puzzles, reading, listening to music with headphones, coloring, reviewing homework, or resting if still tired) and prepare for breakfast.

## **Breakfast 7:15-7:30am**

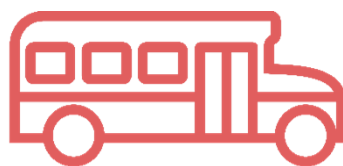
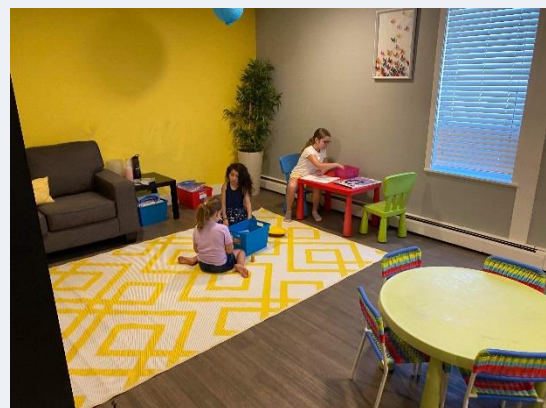
Children who eat breakfast before coming to the program continue quiet activities. As they finish breakfast, children move back to activities.

## **Group activity 7:30-8:00am**

**SCHOOL'S OUT** program leader leads or oversees a low-key group game or activity (for example, charades, board games, storytelling, morning stretching exercises). 8:10 – 8:25

## **Cleanup and go to school 8:00-8:30am**

Children help clean up the classroom and gather belongings for school. **SCHOOL'S OUT** program leader takes the children to the school bus and drops them off at school.



# After school care activities schedule

## Monday-Friday

Our SCHOOL'S OUT program is divided into 4 groups of 10 children. School's Out leaders assign children to a group based on their age and interests. Some parts of the K-1 program are done as a whole group, some parts are done with Kindles & Sparks together and some parts are done with groups separately. Below is our basic daily schedule.

### **Pick up from school 2:30pm**

When the school bell rings at the end of the school day a SCHOOL'S OUT program leader is there to meet children who are attending the program. The children are gathered and board the school bus.

### **Outdoor play 2:55pm**

The school bus finishes its route at Don Christian Park where children can play at one of the 4 playgrounds. SCHOOL'S OUT program leaders supervise children, encourage active play and inspire new ways of having fun outside.

### **Go to our facility 3:30pm**

Children are gathered and board the school bus to go to Aspire. They come in and put away their coats and backpacks in their cubbies.

### **Snack time 3:45**

Children wash their hands, get their snack and sit at a table to eat. When they are finished, SCHOOL'S OUT program leaders encourage and assist children putting their snack away and getting ready for their fine arts class.

### **Fine arts class & free play 4:00pm-**

**5:00pm(see descriptions)** Children are divided into 2 groups. One group goes to their fine arts class and the other has free play in the classroom. After 30 mins the groups switch.

### **Get ready for home 5:00pm**

Clean up the classroom, change out of dance clothes and gather up coats and backpacks.

### **Bus to Don Christian and waiting for pick up 5:15-5:30pm**

Doing pick up at the rec center parking lots is easy because there is lots of parking and on nice days kids can play at the park until parents arrive. Parents or guardians arrive to pick up and sign children out.

## *Daily Free Play Activities*

Children are free to explore our SCHOOL'S OUT classroom each day during free play. SCHOOL'S OUT program leaders include the following activity centers in their classroom set up which is changed monthly:

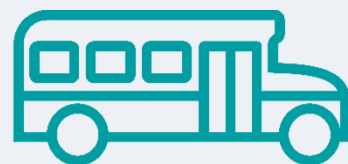
**Science discovery center** (small animals, bits of nature, books to learn about this months discovery, magnifying glass to look closer, drawing paper and/or log book to record daily observations or guesses)

**Land of make believe** (dress up clothes, puppet theatre, barbies, ponies, action figures, house, restaurant, store)

**Construction table** (train tracks, lego, blocks, tinker toys and other construction materials for building and engineering)

**Alone zone** (quiet activities to do alone such as books, puzzles, music and storybooks in headphones)  
Challenge (riddle, puzzle, game, or task to improve coordination, skill and thought)

**Games table** (board game or toy played as a group with or without an SCHOOL'S OUT program leader)



## Weekly Fine Arts Classes

**Ballet class 30mins** (Kindergartens on Mondays / Grade 1's on Wednesdays)

Children are introduced to classroom etiquette and learn basic ballet posture and positions. Children improve their coordination, strength, balance and flexibility as they learn basic movements such as plies, rises, tendus, skips, gallops, turns and leaps. Focus is on fun, imagination, and respect for our learning environment.

**Dance Combo 30 mins** (Grade 1's on Mondays / kindergartens on Tuesdays)

The class begins with a good warm up and stretch in the center. Children are taught basic jazz and tap movements in the center and across the floor. Children are introduced to simple concepts of acting and character study and learn song lyrics to a Disney or Broadway musical. Children are taught a simple musical theatre routine incorporating jazz and tap steps plus singing or lip syncing and acting out a character. Focus is on directing energy into dance movements and creativity.

**Music 30 mins** (Grade 1's on Tuesdays / Kindergartens on Wednesdays)

Music class begins with circle time with songs and learning games using percussion instruments, flashcards and other educational tools to develop an understanding of basic music theory. Music class is taught in units, giving children time to be introduced to different instruments and to develop skill with different instruments. Units include piano, guitalele, drums and recorder, vocal and percussion. Focus is on listening skills, exploration and respectful use of instruments.

**Hip Hop 30 mins** (Grade 1's on Fridays / Kindergartens on Thursdays)

The class begins with a good warm up and stretch in the center. Children are taught basic grooving and breaking movements in the center and across the floor. Children are taught simple hip hop choreography and also given time for freestyling and games. Focus is on respecting and supporting one another and developing individual style.

**Art 30 mins** (Grade 1's on Thursdays / Kindergartens on Fridays)

Children are taught basic drawing and painting techniques, color mixing and proper care and cleaning of art supplies. Works are created in clay, pencil, paint pastel and other mediums. Children are taught to explore poetry, stories, thoughts, questions and ideas through art. Focus is on imagination, creativity, patience and respect for process.

## Schedule at a glance

<i>SCHOOL'S OUT FINE ARTS SCHEDULE</i>	Kindergartens	Grade 1's
MONDAY	Ballet	Dance Combo
TUESDAY	Dance Combo	Music
WEDNESDAY	Music	Ballet
THURSDAY	Hip Hop	Art
FRIDAY	Art	Hip Hop

Other included activities as planned by SCHOOL'S OUT leaders. Sometime leaders combine groups for fine arts activities and free play which gives more time to mix it up with other fun group activities!

### Yoga adventures

Children are led through a series of yoga stretches and poses that follow a story that they can hear through the stereo.

### Storybook theatre

SCHOOL'S OUT leaders read short stories and work with children to act out scenes along the way. Costumes, props and silliness make it fun.

### Gymnastics

Children move through a circuit of gymnastics equipment and inflatables which is sometimes linked to a story, or theme. Basic acro and tumbling movements are introduced and spotted by certified coaches.

### Let's Go!

Children are occasionally taken on special field trips that are planned in advance.

