



How we plan: Identify interests → complete the Programme Plan → run morning & afternoon sessions on the Daily Schedule → reflect at week end. Out-of-school time should feel respectful, unhurried, and child-led.

Child choice
Children choose what they take part in

Balanced week
All five activity types each week

Free choice
At least as much free time as structured time

5 activity types

Use codes on your Programme Plan · cover each category across the week

1 Language & engagement L

Promote language, communication, and social connection.

Stories Games Drama Journaling

- Storytelling, debate, quizzes, books
- Card games, board games, technology
- News sharing, journaling, drama games

Tip: Let children lead book club or news time.

2 Arts A

Creative expression through movement, sound, and making.

Music Craft Dance Photography

- Dance, drama, puppetry, music
- Craft, painting, junk art, sculpture
- Textiles, photography, animation

Tip: Offer process art — no fixed outcome needed.

3 Environment & community E

Build awareness of nature, sustainability, and local community.

Gardening Nature Recycling Community

- Gardening, composting, nature walks
- Recycling projects, bird boxes, water conservation
- Community projects and charitable activities

Tip: Link to seasonal changes and local events.

4 STEM S

Explore science, technology, engineering, and maths through play.

Experiments Building Coding Robotics

- Experiments, building, coding basics
- Research projects, construction challenges
- Media, robotics, problem-solving games

Tip: Keep it hands-on; trial and error is part of learning.

5 Health & wellbeing H

Indoors and outdoors — physical and mental fitness, rest, and self-care.

Games Mindfulness Cookery Outdoor play

- Physical activity, team games, fitness challenges
- Mindfulness, quiet time, privacy and alone time
- Healthy food, cookery, hygiene, outdoor play

Tip: Quiet zone always available — respect privacy and alone time.