

PARENT CHILD PROGRAMME

PROGRAMME OVERVIEW MARCH 2024 TO MAY 2024

Age Group- 20 months to 30 months

Duration- 2 months- February/March 2024 to May 2024

Three days a week - Monday/ Wednesday/ Friday

Timings- 2 hours and 15 minutes

Schedule of the day

1 hour for Play based activities 15 minutes snack break

1 hour – Art or sensory activity/ Music and Movement/ Story and rhymes

DEVELOPMENTALLY APPROPRIATE EXPERIENCES

Play- The Programme

Physical	Cognitive	Social Emotional
Week 1 to week 4- Body balance	Cause & Effect Problem Solver	Self- awareness
Week 5 to week 8- Balancing props	Problem Solver	Self-expression
Week 9 to week 12 -Body co-ordination	Logical Thinker	Self-control
Week 12 to week 16- Playing with others.	Imagination and Creativity	Becoming aware of others needs

Music Programme - Receptive to Expressive

Listens	-Recognizes songs -Anticipates phrase endings	-Attention on musical contrasts: Fast/slow, Loud/soft
Sings	-Fragments of songs -Phrase ending patterns	-Improvises songs with fragments -Focus on words
Moves	-Actions & finger plays -Acts out words of song	-Synchronizes steady beat with music when patting
Explores instruments	-Explores & Experiments ways to play instruments -Can imitate a simple pattern	Synchronizes beat response by tapping, jumping or moving

Art Programme - Free exploration of materials

Drawing	Vertical, Horizontal lines Experiments with scribbling	Connects lines Scribbles shapes	Start to tell stories about their artwork
Painting	Randomly mixes colours	-Uses whole area/ paper -Combines colours with purpose	Symbols from own life/ experiences
Tactile	Begins making free form- patting, rolling	Rolls snake like form Forms balls	-Starts 3 -D formations- ball -Creates for pretend play or function
Building	Repeatedly knocking and re-building same structures	-Balances stacks of blocks -Lines blocks in a vertical line on the floor	-Starts to engage with peers while building -Tests durability or function of structures