

PARENT CHILD PROGRAMME

PROGRAMME OVERVIEW FEBRUARY 2025 TO APRIL 2025

Age Group- 20 months to 30 months

Duration- 2 months- February/April 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

Weeks	Physical	Cognitive	Social-Emotional
Week 1 to Week 4	Body Balance	Cause & Effect, Problem Solving	Self-awareness
Week 5 to Week 8	Balancing Props	Problem Solving	Self-expression
Week 9 to Week 12	Body Coordination	Logical Thinking	Self-control
Week 13 to Week 16	Playing with Others	Imagination and Creativity	Becoming Aware of Others' Needs

Music Programme - Receptive to Expressive

Area	Skill Level 1	Skill Level 2	Skill Level 3
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 with ways to play instruments	- Can imitate a simple pattern	- Synchronizes beat response by tapping, jumping, or moving

Art Programme - Free exploration of materials

Activity	Stage 1	Stage 2	Stage 3
Drawing	- Vertical and horizontal lines.	- Connects lines, scribbles shapes.	- Starts telling stories about their artwork.
	- Experiments with scribbling.		
Painting	- Randomly mixes colors.	- Uses the whole area of the paper.	- Combines colors with purpose, includes symbols from personal life/experiences.
	- Uses the whole area of the paper.		
Tactile Play	- Begins making free-form shapes (patting, rolling).	- Rolls snake-like forms, forms balls.	- Starts making 3D formations (e.g., ball), creates for pretend play or function.
Building	- Repeatedly knocks down and rebuilds same structures.	- Balances stacks of blocks.	- Engages with peers while building, tests durability or function of structures.
	- Lines blocks in a vertical line on the floor.		