

## Kids Club After School Schedule

**1:45 – 3:00 Power Hour**, - Members arrive, Hand washing, Snack time, Free choice

At this time members will have ½ hour from their time of arrival dedicated to homework. If any child chooses to continue their homework after this time, they will be given appropriate space to do so. **No member will be required to sit for more than 30 minutes of homework.** For those members who do not have homework quiet activities will be set up prior to their arrival for educational enjoyment. Snack will be available to any child who wishes to have it; snack will be available to children for 1 hour. Members & Staff will enjoy snack together, however everyone is not required to sit and eat at the same time.

**3:00 – 3:30 Group Meeting Time** – During this time members and staff will share about their day thus far and discuss what is planned for the afternoon. Discussion of the day is important to get the children's input and opinions on daily planned activities.

**3:30 – 4:00 Triple Play** – A game plan for the Mind Body and Soul is a focus on physical literacy: **Ability** - Increasing capability in basic movement skills and overall fitness; **Confidence** -the knowledge of the ability to play sports or enjoy other physical activities and **Motivation**- the intrinsic enthusiasm for physical activity for members to be physically active for life. Members will participate in a variety of activities Indoor and outdoor such as dance, yoga, sports, and lawn games.

**4:00 – 4:30 Free Expression of Arts** – All members will be able to express themselves in many ways using various forms of art media. Each day will bring out their creativity with the exploration of new materials.

**4:30 – 5:00 STEM** - During this time on **M, W & F** children will participate in a variety of different activities to include Science, Technology, Engineering and Math. A STEM curriculum blends these subjects to teach our members 21<sup>st</sup> century skills needed to succeed in school and the future workplace.

**4:30 – 5:00 Healthy Habits** - This program will take place on **T & Th** it incorporates healthy living with active learning and emphasizes good nutrition regular physical activity and improving the overall well-being of our members.

**5:00 – 5:30 Khan Academy/Kids** - Khan Academy/Kids is a fun, educational program focusing on math and reading skills. It is designed to inspire young members to become learners for life with content and curriculum that make learning engaging and fun!

**5:30 – 6:00 Wrap-up** – At this time members are free to choose from the staff guided activities while parents/guardians arrive to pick up.