

鄰舍輔導會粉嶺幼兒園 NAAC Fanling Day Nursery

N1 活動時間表 (星期一至五) N1 Activites Schedule (Mon.-Fri.)

時間 Time	活動 Activites
08:00 – 08:50	入校／健康檢查／玩玩具／排洗 Welcoming/Health inspections/Play toys/Toilet time
08:50 – 09:20	早餐／圖書閱讀／早操／音樂欣賞／排洗 Breakfast/Book reading/Morning exercises /Music appreciation /Toilet time
09:25 – 09:50	唱遊(律動/樂器/節奏/音準) Music(movement/music instruments/rhythm/pitch)
09:50 – 10:20	體能活動／體操／技巧訓練 Physical activity/Gymnastics/Skill training
10:20 – 10:50	飲水／水果／排洗 Drink water/Fruit/Toilet time
10:50 – 11:10	全班活動 (早會／談話／開心分享／天氣報告) Class activity(Assembly/Talk/happy sharing/Weather report)
11:10 – 11:40	綜合教學及自選活動 Integrated learning activities & free play learning corner
11:40 – 12:20	排洗／午膳 Toilet time/Lunch
12:20 – 12:40	睡前故事／圖書閱讀／分享活動經驗 Story Time/Book reading/Happy sharing
12:40 – 03:00	午睡／排洗 Afternoon nap/Toilet time
03:00 – 03:10	起床／整理／排洗 Wake up/Tidying-up/Toilet time
03:10 – 03:40	茶點 Tea time
03:40 – 04:15	全班活動 (才藝表演／兒歌) Class Activity(Talent show /Rhyme time)
04:15 – 04:30	排洗／離園整理 Toilet time/Tidying-up
04:30 – 05:15	放學 - 自選活動 Dismissal/ Free play
05:15 – 06:00	放學 - 圖書閱讀 Dismissal/Book reading

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K1 活動時間表 (星期一至星期五) K1 Activites Schedule (Mon.-Fri.)

時間 Time	活動 Activites
08:00 – 08:50	入校／健康檢查／玩玩具／排洗 Welcoming/Health inspections/Play toys/Toilet time
08:50 – 09:15	早餐／圖書閱讀／早操／音樂欣賞／排洗 Breakfast/Book reading/Morning exercises /Music appreciation /Toilet time
09:15 – 09:30	全班活動 (早會／談話／開心分享／天氣報告) Class activity(Assembly/Talk/happy sharing/Weather report)
09:30 – 10:20	綜合教學及自選活動 Integrated learning activities & free play learning corner
10:20 – 10:55	體能活動／體操／技巧訓練 Physical activity/Gymnastics/Skill training
10:55 – 11:20	飲水／水果／排洗 Drink water/Fruit/Toilet time
11:20 – 11:55	綜合教學/自選活動／分享活動經驗 Integrated learning activities/Free play learning corner/Happy sharing
11:55 – 12:25	排洗／午膳 Toilet time/Lunch
12:25 – 12:45	睡前故事／圖書閱讀 Story Time/Book reading
12:50 – 02:45	午睡／排洗 Afternoon nap/Toilet time
02:45 – 03:00	起床／整理／排洗 Wake up/Tidying-up/Toilet time
03:00 – 03:25	茶點 Tea time
03:25 – 03:50	全班活動 (才藝表演／兒歌) Class Activity(Talent show /Rhyme time)
03:50 – 04:25	唱遊(律動/樂器/節奏/音準) Music(movement/music instruments/rhythm/pitch)
04:25 – 04:30	排洗／離園整理 Toilet time/Tidying-up
04:30 – 05:15	放學 - 自選活動 Dismissal/ Free play
05:15 – 06:00	放學 - 圖書閱讀 Dismissal/Book reading

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K2 活動時間表 (星期一至星期五) K2 Activites Schedule(Mon.-Fri.)

時間 Time	活動 Activites
08:00 – 08:45	入校／健康檢查／玩玩具／排洗 Welcoming/Health inspections/Play toys/Toilet time
08:45 – 09:15	早餐／圖書閱讀／早操／音樂欣賞／排洗 Breakfast/Book reading/Morning exercises /Music appreciation /Toilet time
09:15 – 09:30	全班活動 (早會／談話／開心分享／天氣報告) Class activity(Assembly/Talk/happy sharing/Weather report)
09:30 – 10:30	綜合教學及自選活動 Integrated learning activities & free play learning corner
10:30 – 10:55	飲水／水果／排洗 Drink water/Fruit/Toilet time
10:55 – 11:30	體能活動／體操／技巧訓練 Physical activity/Gymnastics/Skill training
11:30 – 12:00	綜合教學及自選活動／分享活動經驗 Integrated learning activities/Free play learning corner/Happy sharing
12:00 – 12:30	排洗／午膳 Toilet time/Lunch
12:30 – 12:50	睡前故事／圖書閱讀 Story Time/Book reading
01:00 – 02:40	午睡／排洗 Afternoon nap/Toilet time
02:40 – 02:50	起床／整理／排洗 Wake up/Tidying-up/Toilet time
02:50 – 03:15	茶點 Tea time
03:15 – 03:50	唱遊(律動/樂器/節奏/音準) Music(movement/music instruments/rhythm/pitch)
03:50 – 04:30	全班活動 (才藝表演／談話／自選活動／活動檢討) Class Activity(Talent show / Talk/ free play learning corner/Activities reflection)
04:30 – 05:15	放學 - 自選活動 Dismissal/ Free play
05:15 – 06:00	放學 - 圖書閱讀 Dismissal/Book reading

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K3 活動時間表 (星期一至星期五) K3 Activites Schedule(Mon.-Fri.)

時間 Time	活動 Activites
08:00 – 08:45	入校／健康檢查／玩玩具／排洗 Welcoming/Health inspections/Play toys/Toilet time
08:45 – 09:15	早餐／圖書閱讀／早操／音樂欣賞／排洗 Breakfast/Book reading/Morning exercises /Music appreciation /Toilet time
09:15 – 09:35	全班活動 (早會／談話／開心分享／天氣報告) Class activity(Assembly/Talk/happy sharing/Weather report)
09:35 – 11:00	綜合教學及自選活動 Integrated learning activities/ Free play learning corner
11:00 – 11:30	飲水／水果／排洗 Drink water/Fruit/Toilet time
11:30 – 12:05	體能活動／體操／技巧訓練 Physical activity/Gymnastics/Skill training
12:05 – 12:35	排洗／午膳 Toilet time/Lunch
12:35 – 12:55	睡前故事／圖書閱讀／分享活動經驗 Story Time/Book reading/Happy sharing
01:00 – 02:35	午睡／排洗 Afternoon nap/Toilet time
02:35 – 02:40	起床／整理／排洗 Wake up/Tidying-up/Toilet time
02:40 – 03:15	唱遊(律動/樂器/節奏/音準) Music(movement/music instruments/rhythm/pitch)
03:15 – 03:45	茶點 Tea time
03:45 – 04:30	全班活動 (才藝表演／談話／自選活動／活動檢討) Class Activity(Talent show / Talk/ free play learning corner/Activities reflection)
04:30 – 05:15	放學 - 自選活動 Dismissal/ Free play
05:15 – 06:00	放學 - 圖書閱讀 Dismissal/Book reading