鄰舍輔導會元朗幼兒園

The Neighbourhood Advice-Action Council Yuen Long Day Nursery

2026-2027 年度　N1 班活動程序表

2026-2027 N1 Class Activities Schedule

時間	活動內容
8:00 – 8:45	入園、健康檢查、圖書 Welcoming/Health Inspections/Story Time
8:45 – 9:05	排洗、早餐 Toilet Time/Breakfast
9:05 – 9:15	早會、早操 Assembly/Morning Exercises
9:15 – 9:35	小組學習(主題)　Group Study(Theme)
9:35 – 9:55	膳食、飲水 Snack Time/Drink water
9:55 – 10:20	音樂活動 Music Activity
10:20 – 11:45	自選活動 Free Choice Activities
11:45 – 12:10	體能活動 Physical Activity
12:10 – 12:40	午餐 Lunch
12:40 – 12:55	散步、排洗 Walk /Toilet Time
12:55 – 2:35	午睡 Afternoon Nap
2:35 – 2:50	起牀、整理、排洗 Wake up/Tidying-up/Toilet time
2:50 – 3:05	茶點 Tea Time
3:05 - 3:30	自選活動 Free Choice Activities
3:30 – 4:05	音樂/體能/藝術活動 Music/Physical/Art Activity
4:05 - 4:30	離園整理及分享經驗 Tidying-Up/ Sharing Time
4:30 – 5:15	放學、自選活動 Dismissal/Free Choice Activities
5:15 – 6:00	多元活動 (圖書/益智活動/體能活動/電影欣賞) Diverse Activities (Reading/ Intellectual activities/ Physical Activities/ Movie Time)

備註

自選活動：建構遊戲、創作遊戲、探究遊戲、操作遊戲、社會遊戲、語言遊戲、小肌肉訓練、英語活動等

以上活動程序表之編排會因應幼兒的需要及校內特別活動安排而有所變動，有關調動將不會另行通知。

Remarks:

Free Choice Activities: Construction Games, Creativity Games, Explorative Games, Operation Games, Social Games, Language Games, Fine Motor Skill, English Activities etc.

The above schedule of activities is subject to change according to the needs of the children and the arrangement of special activities in the school, Without prior notice.

鄰舍輔導會元朗幼兒園

The Neighbourhood Advice-Action Council Yuen Long Day Nursery

2026-2027 年度　K1 班活動程序表

2026-2027 K1 Class Activities Schedule

時間	活動內容
8:00 – 8:45	入園、健康檢查、圖書 Welcoming/Health Inspections/Story Time
8:45 – 9:05	排洗、早餐 Toilet Time/Breakfast
9:05 – 9:15	早會、早操 Assembly/Morning Exercises
9:15 – 10:45	自選活動 Free Choice Activities
10:45 – 11:15	體能活動 Physical Activity
11:15 – 11:45	音樂活動 Music Activity
11:45 – 12:10	小組學習(主題)　Group Study(Theme)
12:10-12:40	午餐 Lunch
12:40-12:55	散步、排洗 Walk /Toilet Time
12:55 – 2:25	午睡 Afternoon Nap
2:25 – 2:40	起牀、整理、排洗 Wake up/Tidying-up/Toilet time
2:40 – 3:00	茶點 Tea Time
3:00 – 3:30	音樂/體能/藝術活動 Music/Physical/Art Activity
3:30 – 4:05	自選活動 Free Choice Activities
4:05 – 4:30	離園整理及分享經驗 Tidying-Up/ Sharing Time
4:30 – 5:15	放學、自選活動 Dismissal/Free Choice Activities
5:15 – 6:00	多元活動 (圖書/益智活動/體能活動/電影欣賞) Diverse Activities (Reading/ Intellectual activities/ Physical Activities/ Movie Time)

備註

自選活動：建構遊戲、創作遊戲、探究遊戲、操作遊戲、社會遊戲、語言遊戲、小肌肉訓練、英語活動等

以上活動程序表之編排會因應幼兒的需要及校內特別活動安排而有所變動，有關調動將不會另行通知。

Remarks:

Free Choice Activities: Construction Games, Creativity Games, Explorative Games, Operation Games, Social Games, Language Games, Fine Motor Skill, English Activities etc.

The above schedule of activities is subject to change according to the needs of the children and the arrangement of special activities in the school, Without prior notice.

鄰舍輔導會元朗幼兒園

The Neighbourhood Advice-Action Council Yuen Long Day Nursery

2026-2027 年度　K2 班活動程序表

2026-2027 K2 Class Activities Schedule

時間	活動內容
8:00 – 8:45	入園、健康檢查、圖書 Welcoming/Health Inspections/Story Time
8:45 – 9:05	排洗、早餐 Toilet Time/Breakfast
9:05 – 9:15	早會、早操　Assembly/Morning Exercises
9:15 – 10:45	自選活動 Free Choice Activities
10:45 – 11:15	音樂活動 Music Activity
11:15 – 11:45	體能活動 Physical Activity
11:45 12:15	午餐 Lunch
12:15 – 12:30	散步、排洗 Walk /Toilet Time
12:30 – 12:55	小組學習(主題)　Group Study(Theme)
12:55- 2:20	午睡 Afternoon Nap
2:20 – 2:30	起牀、整理、排洗 Wake up/Tidying-up/Toilet time
2:30 – 3:00	音樂/體能/藝術活動 Music/Physical/Art Activity
3:00 – 3:20	茶點 Tea Time
3:20 – 4:05	自選活動 Free Choice Activities
4:05 – 4:30	離園整理及分享經驗 Tidying-Up/Sharing Time
4:30 – 5:15	放學、自選活動 Dismissal/Free Choice Activities
5:15 – 6:00	多元活動 (圖書/益智活動/體能活動/電影欣賞) Diverse Activities (Reading/ Intellectual activities/ Physical Activities/ Movie Time)

備註

自選活動：建構遊戲、創作遊戲、探究遊戲、操作遊戲、社會遊戲、語言遊戲、小肌肉訓練、英語活動等

以上活動程序表之編排會因應幼兒的需要及校內特別活動安排而有所變動，有關調動將不會另行通知。

Remarks:

Free Choice Activities: Construction Games, Creativity Games, Explorative Games, Operation Games, Social Games, Language Games, Fine Motor Skill, English Activities etc.

The above schedule of activities is subject to change according to the needs of the children and the arrangement of special activities in the school, Without prior notice.

鄰舍輔導會元朗幼兒園

The Neighbourhood Advice-Action Council Yuen Long Day Nursery

2026-2027 年度　K3 班活動程序表 (牛油果組、奇異果組)

2026-2027 K3 Class Activities Schedule (Avocado, Kiwi)

時間	活動內容
8:00 – 8:45	入園、健康檢查、圖書 Welcoming/Health Inspections/Story Time
8:45 – 9:05	排洗、早餐 Toilet Time/Breakfast
9:05 – 9:15	早會、早操　Assembly/Morning Exercises
9:15 – 9:45	體能活動 Physical Activity
9:45 – 10:10	小組學習(主題)　Group Study(Theme)
10:10 – 12:10	自選活動 Free Choice Activities
12:10 – 12:40	午餐 Lunch
12:40 – 12:55	散步、排洗 Walk /Toilet Time
12:55 – 1:25	音樂活動 Music Activity
1:25 – 2:45	午睡 Afternoon Nap
2:45 – 2:55	起牀、整理、排洗 Wake up/Tidying-up/Toilet time
2:55 – 3:15	茶點 Tea Time
3:15 – 3:35	自選活動 Free Choice Activities
3:35 – 4:05	音樂/體能/藝術活動 Music/Physical/Art Activity
4:05 – 4:30	離園整理及分享經驗 Toilet Time/Sharing Time
4:30 – 5:15	放學、自選活動 Dismissal/Free Choice Activities
5:15 – 6:00	多元活動 (圖書/益智活動/體能活動/電影欣賞) Diverse Activities (Reading/ Intellectual activities/ Physical Activities/ Movie Time)

備註

自選活動：建構遊戲、創作遊戲、探究遊戲、操作遊戲、社會遊戲、語言遊戲、小肌肉訓練、英語活動等

以上活動程序表之編排會因應幼兒的需要及校內特別活動安排而有所變動，有關調動將不會另行通知。

Remarks:

Free Choice Activities: Construction Games, Creativity Games, Explorative Games, Operation Games, Social Games, Language Games, Fine Motor Skill, English Activities etc.

The above schedule of activities is subject to change according to the needs of the children and the arrangement of special activities in the school, Without prior notice.

鄰舍輔導會元朗幼兒園

The Neighbourhood Advice-Action Council Yuen Long Day Nursery

2026-2027 年度　K3 班活動程序表 (藍莓組)

2026-2027 K3 Class Activities Schedule (Blueberry)

時間	活動內容
8:00 – 8:45	入園、健康檢查、圖書 Welcoming/Health Inspections/Story Time
8:45 – 9:05	排洗、早餐 Toilet Time/Breakfast
9:05 – 9:15	早會、早操 Assembly/Morning Exercises
9:15 – 9:45	體能活動 Physical Activity
9:45 – 10:10	小組學習(主題)　Group Study(Theme)
10:10 – 12:10	自選活動 Free Choice Activities
12:10 – 12:40	音樂活動 Music Activity
12:40 – 1:10	午餐 Lunch
1:10 – 1:25	散步、排洗 Walk /Toilet Time
1:25 – 2:45	午睡　Afternoon Nap
2:45 – 2:55	起牀、整理、排洗 Wake up/Tidying-up/Toilet time
2:55 – 3:15	茶點 Tea Time
3:15 – 3:35	自選活動 Free Choice Activities
3:35 – 4:05	音樂/體能/藝術活動 Music/Physical/Art Activity
4:05 – 4:30	離園整理及分享經驗 Toilet Time/Sharing Time
4:30 – 5:15	放學、自選活動 Dismissal/Free Choice Activities
5:15 – 6:00	多元活動 (圖書/益智活動/體能活動/電影欣賞) Diverse Activities (Reading/ Intellectual activities/ Physical Activities/ Movie Time)

備註

自選活動：建構遊戲、創作遊戲、探究遊戲、操作遊戲、社會遊戲、語言遊戲、小肌肉訓練、英語活動等

以上活動程序表之編排會因應幼兒的需要及校內特別活動安排而有所變動，有關調動將不會另行通知。

Remarks:

Free Choice Activities: Construction Games, Creativity Games, Explorative Games, Operation Games, Social Games, Language Games, Fine Motor Skill, English Activities etc.

The above schedule of activities is subject to change according to the needs of the children and the arrangement of special activities in the school, Without prior notice.