

鄰舍輔導會元朗幼兒園

The Neighbourhood Advice-Action Council Yuen Long Day Nursery

2023-2024 年度 N1 班活動程序表

2023-2024 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 – 9:45	體能活動 Physical Activity
9:45 – 10:05	音樂活動 Music Activity
10:05 – 10:25	膳食、飲水 Snack Time/Drink water
10:25 – 11:25	自選活動 Free Choice Activities
11:25 – 11:45	小組學習(主題) Group Study(Theme)
11:45 – 12:15	午餐 Lunch
12:15 – 12:30	散步、排洗 Walk /Toilet Time
12:30 – 2:15	午睡 Afternoon Nap
2:15 – 2:30	起牀、整理、排洗 Wake up/Tidying-up/Toilet time
2:30 – 2:50	茶點 Tea Time
2:50 – 3:25	音樂/體能活動 Physical/Music Activity
3:25 – 4:10	自選活動 Free Choice Activities
4:10 – 4:30	排洗、離園整理 Toilet Time/Tidying-Up
4:30 – 5:15	放學、自選活動 Dismissal/Free Choice Activities
5:15 – 6:00	影片欣賞 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.

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The Neighbourhood Advice-Action Council Yuen Long Day Nursery

2023-2024 年度 K1 班活動程序表(爆谷組)

2023-2024 K1 Class Activities Schedule (Popcorn)

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 – 10:40	音樂活動 Music Activity
10:40 – 11:45	自選活動 Free Choice Activities
11:45 – 12:15	午餐 Lunch
12:15 – 12:30	散步、排洗 Walk /Toilet Time
12:30 – 2:10	午睡 Afternoon Nap
2:10 – 2:25	起牀、整理、排洗 Wake up/Tidying-up/Toilet time
2:25 – 2:55	音樂/體能活動 Physical/Music Activity
2:55 – 3:15	茶點 Tea Time
3:15 – 4:20	自選活動 Free Choice Activities
4:20 – 4:30	排洗、離園整理 Toilet Time/Tidying-Up
4:30 – 5:15	放學、自選活動 Dismissal/Free Choice Activities
5:15 – 6:00	影片欣賞 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.

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The Neighbourhood Advice-Action Council Yuen Long Day Nursery

2023-2024 年度 K1 班活動程序表(雪糕組、布丁組)

2023-2024 K1 Class Activities Schedule (Ice cream , Pudding )

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 – 9:40	小組學習(主題) Group Study(Theme)
9:40 – 10:20	音樂活動 Music Activity
10:20 – 10:40	體能活動 Physical Activity
10:40 – 11:45	自選活動 Free Choice Activities
11:45 – 12:15	午餐 Lunch
12:15 – 12:30	散步、排洗 Walk /Toilet Time
12:30 – 2:10	午睡 Afternoon Nap
2:10 – 2:25	起牀、整理、排洗 Wake up/Tidying-up/Toilet time
2:25 – 2:55	音樂/體能活動 Physical/Music Activity
2:55 – 3:15	茶點 Tea Time
3:15 – 4:20	自選活動 Free Choice Activities
4:20 – 4:30	排洗、離園整理 Toilet Time/Tidying-Up
4:30 – 5:15	放學、自選活動 Dismissal/Free Choice Activities
5:15 – 6:00	影片欣賞 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.

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The Neighbourhood Advice-Action Council Yuen Long Day Nursery

2023-2024 年度 K2A 班活動程序表(雞泡魚組、水母組)

2023-2024 K2A Class Activities Schedule(Globefish , Jellyfish)

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 – 12:10	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 – 2:20	午睡 Afternoon Nap
2:20 – 2:30	起牀、整理、排洗 Wake up/Tidying-up/Toilet time
2:30 – 3:00	音樂活動 Music Activity
3:00 – 3:20	茶點 Tea Time
3:20 – 4:20	自選活動 Free Choice Activities
4:20 – 4:30	排洗、離園整理 Toilet Time/Tidying-Up
4:30 – 5:15	放學、自選活動 Dismissal/Free Choice Activities
5:15 – 6:00	影片欣賞 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.

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The Neighbourhood Advice-Action Council Yuen Long Day Nursery

2023-2024 年度 K2A、2B 班活動程序表(K2A 海馬組、K2B 多莉魚組)

2023-2024 K2A , K2B Class Activities Schedule (K2A Seahorse、K2B Dory)

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 – 2:20	午睡 Afternoon Nap
2:20 – 2:30	起牀、整理、排洗 Wake up/Tidying-up/Toilet time
2:30 – 3:00	音樂活動 Music Activity
3:00 – 3:20	茶點 Tea Time
3:20 – 4:20	自選活動 Free Choice Activities
4:20 – 4:30	排洗、離園整理 Toilet Time/Tidying-Up
4:30 – 5:15	放學、自選活動 Dismissal/Free Choice Activities
5:15 –6:00	影片欣賞 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、普通話活動、茶點等

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, Putonghua Activities, Tea Time etc.

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The Neighbourhood Advice-Action Council Yuen Long Day Nursery

2023-2024 年度 K3 班活動程序表

2023-2024 K3 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 – 9:40	音樂活動 Music Activity
9:40 – 11:15	自選活動 Free Choice Activities
11:15 – 11:45	小組學習 (主題) Group Study(Theme)
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 – 2:15	午睡 Afternoon Nap
2:15 – 2:25	起牀、整理、排洗 Wake up/Tidying-up/Toilet time
2:25 – 2:45	茶點 Tea Time
2:45 – 3:30	自選活動 Free Choice Activities
3:30 – 4:20	音樂/體能活動 Physical/Music Activity
4:20 – 4:30	排洗、離園整理 Toilet Time/Tidying-Up
4:30 – 5:15	放學、自選活動 Dismissal/Free Choice Activities
5:15 – 6:00	影片欣賞 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、普通話活動、茶點等  
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, Putonghua Activities, Tea Time 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.