

# Apple Orchard School

## Curriculum Guide & Program Information

### PROGRAM PHILOSOPHY

Creating an environment of trust and positive feelings toward learning within an active farm community is the primary focus of The Apple Orchard School. This undertaking is best accomplished during the critical first three years of a child's school experience. We see preschoolers as capable, curious, creative, caring, and connected individuals striving to develop meaningful relationships that are the foundation for well-being and knowledge. We encourage children to build relationships with their families, teachers, peers, animals, and the farm around them, creating multiple avenues to enhance the development of learning. We are so lucky to have a farm for a classroom.

As children develop and master skills across all developmental areas, they will find many routes to success and will thrive by learning about themselves and others. By helping children interact successfully with peers in their class, we seek to strengthen the children's self-image as confident and capable learners. The curriculum is designed to challenge children individually and to give them many opportunities to explore, experience, and discover at their own pace and developmental level. Through child-initiated and teacher-directed learning experiences, children become better able to assess new situations and solve problems.

Children learn indoors and outdoors through play-based experiences and hands-on exploration. As they play, children develop crucial cognitive, verbal, social, and emotional skills. They make discoveries, build knowledge, experiment with literacy and math, and learn to self-regulate and interact with others in appropriate ways. We use our outdoor environment extensively for their learning and for the development of the whole child. The wild animals (geese, hawks, rabbits, deer, turtles etc.) and our domestic animals (chickens, a donkey, a miniature horse, and two goats) along with the growing and harvesting of crops play a large role in our teaching. Our teachers are able to expand upon the children's natural curiosity with the excitement of "teachable moments," always plentiful in such a unique farm environment. While taking care of the environment and our animals, the children spend a great deal of time outdoors noticing the world around them. Children explore locations on the property such as The Pine Woods, China Fields, Salamander Rock, and the Elephant Trees.

We use these unique opportunities on the farm to teach children many of the skills they will need later in life. We teach them about friendships, family, empathy, compassion, responsibility, teamwork, accountability, and cooperation. Our goal is to instill in each child a love for learning, an interest in asking questions, the confidence to take a chance, and the ability to truly appreciate the value of friends and family. All of these attributes help enable children to be responsible and successful wherever they go from here.



# WHAT IS A PLAY-BASED CURRICULUM?

We believe preschool children learn best through **HANDS-ON EXPLORATION** and **PLAY**. Play is so deeply formative for children that it must be at the core of our curriculum. Play develops precisely the skills children need to be successful throughout their lives. Theorists have made the argument that children's thinking develops through activity-based learning and social interactions with adults and peers. Play has long lasting benefits. Play fosters creativity and imagination. Many of the qualities that contribute to happy, productive lives such as persistence, planning, problem solving, ability to communicate, and capacity to collaborate, have their roots in early childhood play.

Play follows three stages. First, children participate in solitary play, which means engaging in activities alone, without others. Second, parallel play which means playing independently, but next to others. The third step of play development is cooperative and involves group play where a child takes on roles in organized, interactive play. A play-based curriculum can incorporate future academic topics by setting key foundational and preparatory skills.

What does purposeful play look like? In an exemplary classroom you will see a room organized by a caring, responsive teacher who is tuned in to child development. Activity centers should be filled with materials that invite exploration, excite the imagination, require initiative, and prompt collaboration. The room should hum. While play is at the core of our program we interweave facets of the Montessori, Reggio and Waldorf philosophies into our curriculum. The focus of these well established early education programs has great value for our classrooms at Apple Orchard. The day is structured with opportunities for independent learning, small group and large group learning, and extensive outdoor farm and adventure time. Below, we have outlined many of the play-based areas that will be seen throughout the school, and have explained the educational benefits they provide for young children.

**ART** allows children to explore various media and techniques using tools such as crayons, Cray-pas, chalk, paint, scissors, clay, glue, watercolors, and finger paints. We also use leaves, branches, seeds, pods, and feed grain from the farm for projects. Exploration of materials fosters the development of imagination and creativity and builds small muscle control, hand/eye coordination, and listening skills. Outdoor art might include sketching trees, making flower chains, designing fairy houses, or drawing in mud.

**BLOCK BUILDING** actively involves the use of both fine and gross motor skills in construction activities. Children learn to play cooperatively and build imaginative structures by picking, stacking, balancing, lifting, and fitting blocks together. They begin to understand many concepts that lead to later mathematical thinking and problem solving. Using sticks, stones and logs, and any other available outdoor materials they can find, children build caves, bridges, seesaws, and sculptures. When building, children use concepts that include shapes, sizes, patterns, and units of measurement.



**CHOICE TIME / FREE PLAY** is a time when children may select a variety of activities to explore with friends. Children often choose activities that are familiar to them and therefore, sometimes need encouragement to explore something new. Peer interactions are occurring alongside specific developmental skill development. These activities can be offered indoors or outdoors on the large playground.

**CIRCLE TIME** and **MORNING MEETINGS** are when we come together to talk about the plans for the morning and complete daily routines such as calendar, weather, job boards, and attendance. We often read stories, sing songs, complete simple projects, or talk about our feelings. This is a time that helps foster listening skills, the ability to follow directions, the discipline of taking turns, the building of attention spans, and the encouragement of the use of language to express thoughts and ideas. This usually occurs inside in the classroom.

**COOKING** is an important part of our curriculum. It is an activity in which we engage safely by being aware of any dietary limits and discussing healthy foods and eating. It is a thrill for the children to eat the food or play with the concoction that they have prepared for the class. Skills such as listening, and following directions are paramount. We make monthly birthday snacks, snacks that relate to a topic of study, treats as gifts to other classes, or products that we can use and explore in the classroom such as play dough and gak. Collecting vegetables from the fields to chop, mix, and measure gives the children practical experience as well as a connection to what the land produces.

**DRAMATIC PLAY** gives children an opportunity to expand their growing imaginations and explore social dynamics through “role playing.” Themes change to reflect the topic being studied in the classroom and may incorporate such locations as, post offices, police barracks, restaurants, homes, veterinary offices, wolf dens, campsites, fire stations, doctors’ offices, etc. Often, when they can “become” doctors or dentists through creative play, the children work through their natural anxieties.

We also use puppets and music to enliven and illustrate stories, encouraging children to develop their creative thinking and to express their feelings. A great deal of dramatic play occurs in our outdoor settings. This may include adventure locations such as Sleeping Beauty’s Castle, New Hampshire Woods, Pine Woods, or on our outdoor train, in stick huts, or on puddingstone climbing rocks.

**LITERATURE ARTS** are included in each classroom. These areas comprise a library made up of books from our all-school library and are rotated regularly to correspond to thematic units. Our shelves display a variety of books including picture books, big books, wordless books, books of lists, concepts (including self-concepts), classic stories, and group favorites. Children can explore this area on their own. In addition, stories are read daily in small and large groups as well as individually. Often, story time takes place outside in the natural environment. Children create their own stories that are extensions of their favorites. Making connections between spoken and written words is an essential pre-reading skill. It would not be unusual to see children acting out favorite literary stories in stick structures they create in the farm woods or in giant climbing trees.



**MATH** is experienced daily through exploration, discovery, and problem solving. Puzzles, blocks, cooking projects, graphs, manipulatives, building materials, walks, and stories are used to enhance a child's verbal, perceptual, quantitative, and memory skills. Activities including counting, sorting, matching, comparing, patterning, voting, estimating, guessing, and measuring are integrated into all areas of the curriculum. Adding activities in the woods such as classifying, matching, and counting the bugs that children find enhance the learning process and illustrate the importance of math skills in our lives.

**MUSIC / MOVEMENT** is an integral part of our program. Various types of music from all over the world elicit children's love of singing, dancing, and the exploration of rhythm instruments. While listening to and learning new songs, we hope to foster an appreciation of different cultures. Music is a language and is a wonderful way to teach almost anything. When accompanied by a tune, children are much more likely to remember topics such as the alphabet, numbers, rhymes, and songs. Music is also a natural outlet for children to spontaneously express their feelings and create their own music. Outdoors on walks, we often sing both familiar and made up songs.

**OUTDOOR PLAY** is essential for children of all ages. Being situated on a working farm provides our students with a unique opportunity to bolster their feeling of independence, strengthen their sense of adventure, build an awareness of safety, and expand their gross motor skills, physical dexterity, and coordination. Outdoors, children have opportunities to explore and develop new friendships and cooperate on a project such as a mud creation, or work independently on being a pirate in the boat structure. Social skills are enhanced through language experiences and interactions with peers. We are in our outdoor classroom in all seasons and weather!

**SCIENCE** is a way for us to enhance the children's abilities to observe and interpret the natural and physical world around them. Children have an inherent curiosity and interest in the "functions" of nature. We explore the ducks on the ponds and worms, butterflies, and growing plants in the fields. Children learn to question, predict, experiment, and make conclusions. We encourage the children to learn basic concepts of exploration and observation using natural, developmentally meaningful materials.

**SENSORY PLAY** involves learning by doing. The sand and water tables, play dough, clay, paint, shaving cream, and many other tactile materials provide the children with a wide variety of sensory stimulation. These areas of activity promote language development, peer interaction, cooperation, and listening skills. Using the textures that we experience outside such as mud, puddles, ice, snow, and mulch, we provide children with an exciting extension of classroom sensory materials.



# LANGUAGE ARTS

**In our Language Arts curriculum**, we explore a variety of literature and “meet” authors whose work reflects a broad range of topics. We have a variety of animal and farm-focused books in addition to classic literature. Through the development of stories and study of books and illustrations, we enhance phonemic awareness in preparation for reading and comprehension. In this way we foster children’s love of reading and writing and form a connection to our outdoor locations.

## **PRE-CLASS I (2.9 years old)**

- build listening skills through culturally rich short stories, songs, and poetry
- use puppets, stories, and songs to help children express themselves and their feelings
- encourage children to use words and language in communicating their needs
- expand vocabulary and build connections between the spoken and written words

## **CLASS I (3 years old)**

- enhance listening skills through stories and activities
- expose children to letters and sounds by looking for letters and shapes outdoors in cloud formations, branches, or on farm equipment
- introduce book handling skills (top/bottom, author/illustrator)
- use puppets, stories, and songs to help children express themselves and their feelings
- continue fine motor activities (such as using tweezers to dissect owl pellets) in preparation for later writing development
- expand on children’s current vocabulary including introducing words like deciduous as we study the trees on the farm, evaporation as we watch a puddle disappear, or decomposition as we watch our Jack-O-Lanterns age
- introduce predicting skills as we study life cycles of butterflies and frogs
- develop sequencing and prediction skills
- explore rhyming in songs, stories, and play
- expose children to a variety of culturally rich literature

## **CLASS II (4 years old)**

- expose children to a variety of culturally rich, anti-bias literature
- strengthen fine motor development
- develop auditory and visual discrimination skills by noticing and looking for animal tracks, cloud shapes, and birdsongs
- develop sequencing and prediction skills
- experience print as a source of pleasure and fun
- expand on exposure to letters, letter recognition, and sounds, for example by noticing letter shapes out on the farm in trees, in the clouds, and on the ground



## **CLASS II (4 years old)**

- discover and predict a story's plot through activities such as taking fairy tales like Goldilocks and The Three Bears, Sleeping Beauty, or The Three Billy Goats Gruff and acting them out on the farm, creating a more powerful sense and memory of plot
- by year end, to recognize most of the upper case letters in the alphabet
- begin to develop phonemic awareness
- explore rhyming in songs, stories, and play
- increase book handling skills (title, author/illustrator, word flow, parts of a book)

## **CLASS III (5-6 years old)**

- recognize and write upper and lower case letters
- ask and answer questions about key details in a text to develop comprehension
- demonstrate understanding of the organization and basic features of print by creating their own stories, often about adventures on walks throughout the farm.
- name the author and illustrator of a story and define the role of each
- know and apply grade-level phonics and word analysis skills in decoding words
- read common high-frequency words by sight (e.g. the, of, to, you, she, my, is, are, do)
- use a combination of drawing, dictating, and writing to compose informative/explanatory texts
- become familiar with literature of various genres using the natural outdoor theater spots to act out plays
- develop phonemic awareness: rhyming, syllables, initial, medial, and final sounds
- begin to read short vowel words and letters



# MATHEMATICS

**In our Mathematics curriculum** we aim to include math activities in daily routines, explore numbers, develop mathematical reasoning and problem solving skills, and provide varied manipulatives for exploration and enhanced understanding. We use our outdoor environment as a means of recognizing patterns and shapes as well as for counting and measurement.

## **PRE-CLASS I (2.9 years old)**

- explore various activities with shapes, sizes, and patterns as we collect leaves, acorns, and other natural objects during scavenger hunts on the farm
- discover non-standardized units of measurement (blocks, rocks, sticks, footsteps)
- develop problem solving techniques and strategies such as how to find a safe home for our ducklings
- expose children to graphing and charting (taste tests, shoes vs. sneakers)
- use cooking activities for counting, measuring, and comparing, using crops we have harvested from our fields
- explore a variety of materials for counting, matching, and sorting (acorns, feathers, leaves) from 1 to 10

## **CLASS I (3 years old)**

- explore shapes, sizes, and patterns with various materials collected on walks throughout the farm
- enhance problem solving strategies as we do activities like figuring out how to return a baby bird to its nest
- develop graphs and charts through activities like graphing the number of sunny and rainy days in a month, which apple tastes the best, which pumpkin weighs the most
- introduce concepts of time using seasons and a picture clock
- use blocks and other building materials to explore shapes, sizes, and patterns to build things like “Fairy Houses” and huts in the woods
- utilize non-standard methods of measurement like how many blocks tall, how many human feet long, etc.
- focus on counting by rote from 1 to 20
- develop one-to-one correspondence in activities like counting acorns and pine cones from a collecting walk
- classify items through sorting items like rocks, sticks, leaves, and vegetables
- introduce size comparison such as relating the differences in bugs we find in the woods (small-medium-large)



## **CLASS II (4 years old)**

- design and utilize simple graphing strategies using objects such as leaves, milkweed pods, flowers, or field vegetables
- focus on counting by rote from 1 to 30
- enhance knowledge of basic shapes and introduce basic geometry by exploring the woods and fields
- continue to develop problem solving skills
- introduce the concepts of time (seasons / routines) and money
- work on non-standard (blocks and cubes) and standard methods of measurement (ruler)
- make size comparison (small-medium-large) using materials collected on the farm like acorns, leaves, sticks, pine cones, and rocks
- introduce patterns and pattern predictions using objects such as rocks, sticks, or pine cones
- enhance calendar skills (days of the week, months of the year)

## **CLASS III (5-6 years old)**

- identify and write numbers – 1 to 100
- count a given number of objects
- compare numbers
- understand addition as putting together and adding to, and understanding subtraction as taking apart and taking away
- work with numbers 11 to 19 to gain foundations for place value
- classify objects and count the number of objects in categories
- identify and describe shapes including squares, circles, triangles, rectangles, hexagons, cubes, cones, cylinders, and spheres
- identify and create patterns using our natural objects such as twigs, rocks, and leaves
- analyze, compare, create, and compose shapes, many of which we identify around the farm
- expose to other languages in counting from 1 to 10, i.e. French and Spanish
- gain familiarity with non-standard (blocks and cubes) and standard methods of measurement, including linear measurement, area, volume, time, and money





# CREATIVE ARTS

## ART / MUSIC / DRAMA

**In our Art curriculum** we endeavor to expose children to a wide variety of media and artistic instruments, enhancing children's confidence levels with varied materials, developing a sense of appreciation for art, art history, and artists, and learning about specific techniques and methods used by artists. We use natural materials and recycled materials, particularly our native flora and fauna, in art creations.

**In our Music and Drama curriculum** we expose children to a variety of musical genre and, in a supportive environment, build appreciation for types of music, explore rhythm and sound, develop an understanding of musical instruments and the performing arts, and enhance children's creativity and comfort level. We also provide opportunities for children to create their own musical instruments, often using recycled materials.

### **PRE-CLASS I (2.9 years old)**

- expose children to a variety of media for hands-on exploration and creativity
- create dramatic play opportunities as we engage in activities like building "The Three Bears" house in the Pine Forest
- develop self-calming techniques such as yoga, Tai Chi, and breathing imagery
- practice listening to songs, stories, and music
- introduce children to musical instruments and create instruments out of gourds and other natural objects we find on our walks
- discover culturally rich stories and listen to music
- participate with a group and learn turn-taking by packing and unpacking a picnic and waiting for boat rides on the pond
- develop imagination and rhyming through dramatic play

### **CLASS I (3 years old)**

- expose children to a variety of media to discover, explore, and create artwork, even with the natural objects from a collecting walk
- foster participation and singing along with the group
- use puppets to act out stories
- enhance listening skills and the discipline of following directions such as keeping in mind our "teacher sandwich" (teacher in front and teacher in back) on walks around the farm
- discover diverse stories and music
- introduce a variety of musical instruments, and assist students in designing and creating their own
- provide opportunities for dramatic play as we travel across the "Billy Goat's Gruff Bridge" in the front field, and explore "Sleeping Beauty's Castle"



### **CLASS I (3 years old)**

- learn and act out familiar songs and stories
- experiment with textures and media including collages, clay, wood, paint, and chalk

### **CLASS II (4 years old)**

- explore various types of art
- experiment with textures and media including collages, clay, wood, paint, chalk, paper mache, and canvas
- explore two-dimensional artwork
- listen for music in nature such as a bird's song or the wind
- create and perform for friends and family, stories, songs, and mini plays
- expand on dramatic play themes and materials
- discover various artists and their techniques
- recognize safety precautions, as needed, with certain media and/or tools
- integrate natural materials into art activities such as painting with broccoli stalks or printing with apples, peppers, eggplant slices, or pine branches

### **CLASS III (5-6 years old)**

- emphasize backgrounds and details in artwork
- gain familiarity with art concepts including line, color, shape, and perspective
- explore two and three-dimensional art forms
- perform songs and recite poetry before other students and staff
- explore various artists and their techniques
- show appreciation for the artwork of others
- create musical instruments to use in music classes and performances
- listen to and recognize music and songs from many cultures
- retell familiar stories using props from outside such as a stump for a throne or a tree log for a boat



# SCIENCE

**Within our science curriculum** our focus is to build children's curiosity about the world around them, develop observational and recording skills, expose children to an assortment of scientific tools, create a strong sense of responsibility for the environment, enhance children's problem solving and logical thinking skills, provide opportunities to examine natural objects and learn more about them, learn about and cook with food grown on our farm, and plant and grow flowers and vegetables.

## **PRE-CLASS I (2.9 years old)**

- provide hands-on exploration with developmentally meaningful materials such as using magnifying glasses to discover ant trails at Salamander Rock
- foster sensory exploration with various textures and materials including the discovery of the different textures of bark in the woods
- introduce children to the concept of sink/float, seasons (using the changes we see on the farm as a measure), and weather
- introduce scientific language and vocabulary such as “discover, measure, date, and energy”
- create a developmentally appropriate science discovery area by setting up areas with magnifying glasses, tweezers, bug boxes, etc. in the adventure destinations
- introduce scientific tools and equipment for observation or specimen collections
- expose children to habitats through the use of ant and worm farms
- plant seeds to expand an interest in growing things
- enhance the natural curiosity about the world around us

## **CLASS I (3 years old)**

- build an awareness of the natural world around us through adventure walks around the farm
- encourage sensory exploration with various textures and materials including mulch, stones, and mud
- compare and contrast during cooking projects by asking questions such as What happens when you add water to the mix? Does it look the same?
- ask many open-ended questions
- expose children to the habitats and life cycles of caterpillars, frogs, and worms as we explore the woods and pond
- expand on the concepts of sink/float, seasons, and weather including testing materials we collect on our walks to see if they sink or float, “adopting” a tree to watch how it changes in the different seasons, and checking the weather conditions before we start on an outdoor adventure
- provide developmentally appropriate materials for exploration and discovery through collection walks



### **CLASS I (3 years old)**

- develop prediction skills by asking questions like, How many different kinds of bugs do you think we will find under that log?
- build an appreciation of our environment through composting and recycling
- introduce children to scientific tools including binoculars, magnets, tweezers, prisms, magnifying glasses, bug boxes, and insect nets
- create charts and graphs for comparisons and recordings

### **CLASS II (4 years old)**

- introduce children to scientific tools including binoculars, magnets, tweezers, prisms, magnifying glasses, bug boxes, and insect nets
- explore the life cycles (with special awareness of our pond life), properties of objects, weather patterns, and the impact of decomposition and composting
- brainstorm and predict the outcome of various experiments like how fast snow will melt when we bring it inside
- provide developmentally appropriate materials for self-discovery
- create charts and graphs for comparisons and recordings by, for example, graphing nature using a comparison of size and number of objects found on adventures, or weather patterns such as rainfall or snowfall
- create journals with pictures to record scientific findings and discoveries with emphasis on planting, growing, and turning over large rocks/logs

### **CLASS III (5-6 years old)**

- explore the life cycles of plants, animals, and their habitats of ponds, woodlands, oceans, treetops, and forests
- identify the ways in which an organism's habitat provides for its basic needs
- differentiate between living and nonliving things
- recognize changes in appearance that animals and plants go through as the seasons change
- demonstrate that the way to change the motion of an object is to apply a force by giving it a push or a pull
- provide opportunities to conduct experiments
- develop a curiosity about, and interest in, the world around us by walking along fields of food crops, observing pond life, or helping with animals in the barn
- expand exposure to scientific terms such as inertia, vacuum, energy, dissolve, density, expansion and contraction
- encourage thinking about natural objects through a weekly guessing game called "mystery box"
- sort objects by observable characteristics such as size, shape, color, weight, and usage



# SOCIAL STUDIES

**Our Social Studies curriculum strives** to develop a sense of community, explore basic mapping skills, and build geographic understanding to enhance children's knowledge of various countries, cultures, and races, and to build a sense of community and "civic" participation through community service projects. We explore the growth cycle of plants and lifecycle of animals. We use our farm layout as a tool for making maps, the Allandale Farm stand as a resource of a farming lifestyle, and our ponds as a means of learning about ducks, geese, tadpoles, turtles, water plants, and insects.

## **PRE-CLASS I (2.9 years old)**

- understand the world as it relates to children individually in different environments including home, family, school, friends, neighborhoods, and communities
- provide activities for "All about me and my family" even through our role-playing in the Pine Woods
- extend understanding to neighborhoods and communities
- build on existing connections and form new peer friendships
- enhance and encourage developmentally appropriate social skills (listening to others, waiting for a turn, using words to communicate needs) including holding hands with a buddy on a walk, waiting on the shore for a boat ride, or letting teachers know when he/she needs to rest

## **CLASS I (3 years old)**

- build on established relationships and make new connections even by sharing what they have discovered on an adventure walk
- reinforce appropriate social skills with adults and peers
- extend the knowledge base to include health and safety skills (making sure that they have a teacher in front and behind on a walk), school community, and neighborhood community helpers (police and fire)
- explore similarities and differences in families such as size, eye color, and pets
- encourage the use of words to communicate with others as we hear the excited conversations when they discover things like frogs and turtles on the pond
- create simple classroom expectations that promote safety

## **CLASS II (4 years old)**

- explore the differences between people, animals, and places
- cultivate and care for established relationships
- create classroom expectations for safety and personal comfort
- compare and contrast a variety of cultural backgrounds, countries, holidays, celebrations, and traditions



## **CLASS II (4 years old)**

- build on children's understanding of "community service" and ways to help others through activities like collecting and donating needed items to an animal shelter
- provide, whenever possible, simple maps as reference tools
- begin mapping strategies for scavenger hunts, our classrooms, or the woods
- learn words, greetings, and phrases in different languages in order to create an awareness of different cultures

## **CLASS III (5-6 years old)**

- tell or show what a map is and what a globe is and explain how they are used
- identify and describe the events or people celebrated during United States national holidays and why we celebrate them
- identify the student's street address, city or town, Massachusetts as the state, and The United States or the country in which he or she lives
- identify and describe family or community members who promote the welfare and safety of children and adults
- expose students to stories that illustrate honesty, courage, friendship, respect, responsibility, and the wise or judicious exercise of authority
- provide community service opportunities as a class and school such as the way we collect food for a local food pantry
- enhance understanding and appreciation of our farm environment through exploration
- analyze distances between one place and another
- understand continents as land masses versus ocean / water
- discover different modes of transportation and types of shelters or houses throughout the world



# MOTOR SKILLS

**Motor Activities are integrated throughout the curriculum** and we aim to develop both large (gross motor) and small (fine motor) muscles, enhance and build cooperation skills and good team behaviors, and develop physical skills as an individual, a small group, or a team. We also strive to master body management skills for balance and coordination, and develop a positive attitude toward physical exercise and nutrition. We use our natural farm environment for rock climbing, ball bouncing and throwing, tree climbing, puddle stomping, hill scaling, and wooden structure and snow fort building. We also practice jumping to and from stumps, balancing on logs, rolling down hills, sledding, running, harvesting plants, pulling wagons, and collecting leaves and wildflowers.

## FINE MOTOR SKILLS

### PRE-CLASS I (2.9 years old)

- develop small muscles by using crayons, markers, paint brushes, and scissors
- provide activities which strengthen fine motor skills like carefully using tweezers to pick up worms from the worm bed
- explore manipulatives and puzzles for the development of fine motor skills
- provide experiences which promote the use of fingers such as pinching clay, stringing beads, lacing, and tweezing corn kernels
- provide opportunities for working on a vertical surface

### CLASS I (3 years old)

- enhance fine motor development with various art tools and manipulatives
- use tabletop and floor puzzles to enhance development of hand muscles
- continue to provide activities and materials which strengthen small hand muscles including trowels to plant seeds in our garden
- use easels on a vertical surface to strengthen a grip
- provide experiences with varied techniques such as beading, lacing (including using natural materials such as grasses and twigs in the lacing wall on the playground), and eye dropper art

### CLASS II (4 years old)

- develop eye/hand coordination with appropriate activities
- begin to recognize hand preferences and pencil grip positions
- enhance small hand muscle development with various projects and activities
- encourage writing and build interest in number and letter formation
- provide experiences with varied techniques such as beading, lacing, and eye dropper art



### **CLASS III (5-6 years old)**

- encourage and assist in development of marker or pencil grasp and letter/number formation
- provide increased opportunities for writing, drawing, and coloring including taking materials with us on walks to record what we see
- present activities that require development of cutting skills
- encourage independence with self-help skills that require use of small muscles such as buttoning, zipping, using a fork, opening juice boxes, and pouring juice
- expose students to activities that develop small muscles including scratch art, painting, beading, modeling with clay, writing on easels, and constructing puzzles

### **GROSS MOTOR SKILLS (ALL CLASS LEVELS)**

- provide opportunities for running, jumping, skipping, galloping, and climbing
- play cooperative games that involve simple directions and turn taking
- create obstacle courses that encourage partnerships and teamwork
- introduce simple, structured games such as basketball, soccer, “Mr. Fox,” “Red Rover,” “Red Light Green Light,” and “Simon Says”
- foster spatial awareness and body movements
- enhance balance and coordination through activities like climbing trees, walking on logs, and stump hopping
- practice catching, throwing, and ball-hitting skills

### **NOTICE OF NON-DISCRIMINATION**

Apple Orchard School does not discriminate against children, teachers, or families on the basis of age, gender, race, color, religion, cultural heritage, political beliefs, sexual orientation, marital status, or disability in the administration of its educational policies, employment practices, scholarship awards, and/or any other school sponsored program or activity.





# SCHEDULES

## TYPICAL SCHEDULE FOR PRE-CLASS I AND CLASS I:

8:15 - 8:30 a.m. Arrival / Welcome / Indoor Start  
8:30 - 9:30 a.m. Free Play  
9:30 - 9:45 a.m. Clean-up  
9:45 - 10:00 a.m. Bathroom / Hand Washing  
10:00 - 10:30 a.m. Circle / Group projects and activities  
10:30 - 10:45 a.m. Hand Washing / Snack  
10:45 - 11:00 a.m. Bathroom / Looking at Books / Quiet Time  
11:00 - 12:00 p.m. Playground / Adventure / Carpool - In pleasant weather, the inside time is shortened so that we have more time to explore outside.

## TYPICAL SCHEDULE FOR CLASS II AND CLASS III:

8:15 - 9:00 a.m. Arrival / Playground / Outdoor Start  
9:00 - 9:20 a.m. Morning Meeting  
9:20 - 10:00 a.m. Choice Time / Learning Centers  
10:00 - 10:10 a.m. Clean up  
10:10 - 10:30 a.m. Circle Time  
10:30 - 10:45 a.m. Bathroom / Hand Washing and Snack  
10:45 - 11:00 a.m. Looking at Books / Group Story / Writing / Quiet Time  
11:00 - 12:00 p.m. Outdoor Adventure / Playground / Carpool

## GENERAL SCHEDULE NOTATIONS

- “Open School” takes place each Friday morning from 9:15 - 10:15 a.m. for all classes.
- “Three-For-All,” is from 8:30 - 9:30 a.m. on Wednesday mornings for Pre Class I and Class I. Children travel to explore any other three-year-old classes.
- “Sportsjam” (organized outdoor games with Jeremy Aron) is open to all students in Marilyn’s Class on Mondays, Jeremy’s Class on Thursdays, and Laurie Goldsmith’s Class on the first and third Wednesdays of the month.
- Classes have a special music session weekly with either Laurie Goldsmith or John Farrington.
- School assemblies / sing alongs occur the last Friday of every month. Schedules may change depending on the weather and children’s interests.
- **Class III has extended days until 2:30 p.m. on Mondays and Wednesdays.**

