



School Readiness Program

by



PLANET PHYSIO

EXPERIENCE EXCELLENCE IN EVERY STEP

Ages
3-10 years

School Readiness Program



Our Program

The School Readiness Program provides a foundation for children to promote holistic development and prepare them for formal schooling. Tailored to each child's unique needs, the program offers hands-on experiences across key developmental areas, including gross motor skills, fine motor skills, pre-academic skills, self-help skills and behavioral tracking.

We also believe learning goes beyond the classroom, and that's why we actively encourage children to develop home-based skills once a week, like folding clothes, arranging for dinner and sorting cleaned vessels. We also integrate community-based skills once a month, such as attending a birthday party, visiting the supermarket and family outings through fun activities and interactive lessons.

Structure

The program is divided into three phases:

1st Term
(June – August)

2nd Term
(September – October)

3rd Term
(December – March)

Timing

10 AM - 12:30 PM
(Monday - Friday)

Fee

₹8,000 per month,
payable term-wise*

*Term-wise payments refer to lumpsum payments made at the start of each academic term.



Sequence of the Day



Gross Motor Activity (15 - 20mins)

- Super brain yoga and a few simple exercises
- Log rolls, jumping, galloping
- Hopping
- Standing on one foot
- Swinging
- Throwing and catching big and small balls
- Playground-based activities (climb, go down, slide, swing)
- Group movement and music activity

Circle Time (15 - 20 mins)

- Greeting children using their photos and names
- Introducing classroom rules
- Rhymes or story
- Simon Says (one- to two-step instructions)



Pre-Academic Activities (30 mins)

It covers various literacy and numeracy concepts in each term.

1st term includes:

- Matching concepts (identical objects, identical pictures, pictures to objects, colors, shapes, letters, numbers, nonidentical objects with similarities)
- Simple toy-based activities (focusing on the child completing independently)
- Identification of colors, shapes, animals, fruits, vegetables, vehicles, letters, numbers
- Counting by rote to 10
- Counting objects



2nd term includes:

- Matching by association (e.g., paper and pencil, lock and key, etc.)
- Matching items from the same category
- Giving a specific quantity of items
- Matching numbers to quantity
- Matching uppercase to lowercase letters
- Matching identical words
- Sequencing numbers and letters
- Simple worksheets to complete independently

3rd term includes:

- Copying letters and numbers
- Identifying written names
- Completing a pattern
- Matching written words to objects/objects to written words
- Naming a word beginning with letter sound

**Free Play
(15 mins)**



**Fine Motor Activity
(15 - 20 mins)**

Each term includes activities designed to strengthen fine motor skills using a variety of sensory and creative materials such as water, sand, rice, and paint.

1st term includes:

- Scooping
- Sorting
- Picking small and tiny objects
- Scribbling
- Printing
- Peeling



2nd term includes:

- Tracing patterns, shapes, letters
- Simple manipulative activities such as 3 to 4-piece puzzles, beading, Lego fixing, and clip fixing
- Use of scissors

3rd term includes:

- Drawing simple pictures (combining shapes and patterns)
- Cutting with scissors
- Coloring inside the lines
- Simple origami


Snack Time




Behaviour Checklist

- ✓ Wait in line and walk in line with group of children
- ✓ Sit quietly while attending to a short story
- ✓ Participate in clean-up activities
- ✓ Asking for help when needed
- ✓ Attempt to complete therapist-assigned tasks
- ✓ Choose free choice activities

Contact Information

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