

STARTING SCHOOL



School readiness

- These skills are not essential, but are widely considered to be indicators of school readiness. It is important to consider these skills in the year leading up to school.
- Can your child:
 - Use the toilet independently or with minimal assistance
 - Recognise their own belongings
 - Separate from you at his/her current early childhood placement
 - Concentrate for short periods
 - Communicate their needs
 - Follow a simple instruction
 - Play alongside other children
 - Shows an interest in academic skills (eg letter recognition, name recognition, numbers)

Practical Ideas – Preparing for Prep

Independence skills:

The more independent your child is as they enter Prep, the less assistance they will need with daily tasks. Independence skills for school include:

- Putting on and doing up shoes (Velcro or toggle laces)
- Opening and closing lunch box
- Unwrapping lunch items (snap-lock bags, foil or paper rather than gladwrap)
- Being able to negotiate stairs



Developing Motor Skills

Promoting large-muscle skills will give your child confidence develop independence and learning skills.

- Walking forward, sideways, backward, and marching.
- Balancing games, such as walking on a piece of string or tape on the floor, or along a sidewalk crack or low curb outside.
- Practice walking on uneven surfaces (e.g. sand, rocks, pillows/cushions on the floor).
- Kicking, bouncing, throwing, and catching games with objects of different sizes and weights (e.g., beanbags, beach balls, soccer balls). Make up games of throwing balls or beanbags into an empty container, or play a game of soccer or basketball without keeping score.
- Jumping games, such as hopscotch or jumping rope. Play "Follow the Leader" with hopping and skipping.
- Swinging, sliding, and climbing at a park or indoor playground.
- Riding bikes, tricycles, scooters, or other ride-on toys.
- Pulling or pushing wagons or carts.
- Dancing or other free movement to music/songs (e.g. "Ring Around the Rosie")

Developing Motor Skills

Promoting large-muscle skills will give your child confidence develop independence and learning skills.

- Walking forward, sideways, backward, and marching.
- Balancing games, such as walking on a piece of string or tape on the floor, or along a sidewalk crack or low curb outside.
- Practice walking on uneven surfaces (e.g. sand, rocks, pillows/cushions on the floor).
- Kicking, bouncing, throwing, and catching games with objects of different sizes and weights (e.g., beanbags, beach balls, soccer balls). Make up games of throwing balls or beanbags into an empty container, or play a game of soccer or basketball without keeping score.
- Jumping games, such as hopscotch or jumping rope. Play "Follow the Leader" with hopping and skipping.
- Swinging, sliding, and climbing at a park or indoor playground.
- Riding bikes, tricycles, scooters, or other ride-on toys.
- Pulling or pushing wagons or carts.
- Dancing or other free movement to music/songs (e.g. "Ring Around the Rosie")