

Ellwood Community Primary School

Believe, Achieve, Belong



Starting School

Communication and Language

- Singing along with songs and nursery rhymes.
- Talking happily to others about activities, experiences and the world around them.
- Showing they need help by speaking clearly (in basic English or sign language).
- Recognising the pattern of their name (so they can find it on their coat peg or jacket).

Listening and engaging

- Paying attention for short periods of time.
- Listening to and following simple instructions.
- Carrying on with a task even when it's difficult and bouncing back if things go wrong.

Physical Development

Getting moving for at least three hours a day

- Walking up and down steps (one foot at a time, using the wall for support).
- Climbing, running, jumping and playing.
- Catching a large ball (most of the time).
- Doing simple puzzles and craft activities, strengthening their grip with cutting and sticking.

Healthy routines

- Going to bed around the same time each night, waking up in time to get ready for school.
- Limiting screen time to the recommended daily amounts (see advice).
- Eating a healthy diet and trying new foods.
- Brushing their teeth with fluoride toothpaste twice a day (you'll need to supervise this until they are at least 7).