

My Journey To School

This tracker helps your child prepare for school.



Communication and literacy

- I like to share stories and explore picture books
- I know how to handle and look after books
- I am able to talk about myself my needs and feelings
- I am practising recognising my name when it is written down or printed
- I join in with singing songs and rhymes
- I can ask or show if I need help with something

Listening and understanding

- I can pay attention for short periods of time
- I can follow instructions
- I understand the need to follow rules

Play creativity and curiosity

- I explore drawing, painting or other creative activities
- I enjoy counting, building and completing puzzles
- I notice numbers, patterns and shapes when exploring the world around me

Sharing and turn taking

- I can share toys and take turns
- I like playing games with others
- I like interacting with other children

Interest in the world and new activities

- I enjoy learning about the world around me, for example looking closely at the natural world
- I am interested in exploring new activities or environments
- I can take part in imaginative role play
- I like asking questions

Physical development

- I engage in physical activity for at least 3 hours a day, for example running, jumping and climbing
- I can catch a large ball (most of the time)
- I can do simple puzzles, and engage in cutting and sticking activities

Going to the toilet

- I can go to the toilet on my own, wipe myself properly and flush
- I can wash and dry my hands without any help

Routines

- I eat a good breakfast so that I have the energy I need for the morning
- I have practised putting on my uniform and getting ready to leave on time
- I have a good bedtime routine so I'm not feeling tired for school
- I'm learning to eat at the times I will on a school day
- I brush my teeth twice a day

Eating

- I can use cutlery and drink from an open cup
- I can carry my plate to the table
- I can pour water from a jug into a cup
- I can open my lunch box on my own
- I am confident at opening wrappers and packaging

Self-care

- I know when to wash my hands
- I can wipe my nose
- I can ask for help if I do not feel well

Getting dressed and undressed on my own

- I can button and unbutton my shirt and use a zip
- I can put my own shoes and socks on
- I can change into my PE kit
- I can place my uniform in a neat pile
- I can put my coat on

Independence

- I am happy to be away from my parent or carer
- I am happy to tidy my belongings and look after my things
- I am feeling confident about starting school
- I can carry on with a task when it is difficult and bounce back if something goes wrong

Children are unique individuals and learn and develop at differing rates therefore they should not be expected to complete these tasks in a particular order. If you have any questions at all or would like some further ideas, please speak to your child's Key Person.

