

EYFS Areas of Learning and Development

In YR children continue to follow the Early Years Foundation Stage Curriculum. The curriculum has seven Areas of Learning and Development and at the end of Reception children will be assessed against the Early Learning Goal in each area.

Here are some ways you can support your child in each Area of Learning and Development.

Communication and Language

- Play instruction games e.g. “Simon Says”, “Find the object” or listening games “Sound Lotto”, go on listening walks.
- Encourage turn taking in conversations, model good manners, share jokes.
- Talk about past and future experiences, if your child makes a mistake in their speech model it back to them correctly.
- Pose open ended questions to promote curiosity and critical thinking.
- Role play, sing songs and dance, read and tell stories.
- Set a timer on your phone or Alexa to gradually increase your child’s concentration at an activity. Remember it is about 4 minutes at this age.

Physical Development

- Visit different places to explore, parks are great for developing gross motor skills like balancing, climbing and their core strength.
- Experiment with different ways of moving e.g. crawling, jumping.
- Play catch with a large ball or kick it back and forth to each other.
- Use toys such as Lego, playdough, threading beads, scissors to improve fine motor skills.
- Encourage mark making using a range of tools: paintbrushes, chalk, water outside, drawing in flour, sand or salt on a tray.
- Model and correct your child’s grip on mark making equipment so they are holding it with a tripod grip.

Personal, Social and Emotional Development

- Play games to practise turn taking, don’t always let them win, model how to be a gracious winner and a good loser.
- Encourage sharing and turn taking with toys.
- Model emotions to them, say how you feel and explain why. Give them the words to explain how they feel when they don’t have the words. Help them to deal with these positively.
- Allow them to choose the toys they want to play with and instil responsibility by encouraging them to tidy up – they may need help initially with this. A timer is a good incentive, can they beat the timer?



Literacy

- Read a range of books to your child and make it part of your daily routine.
- Play rhyming games, I Spy with colours before they learn their sounds, think of a word that starts with the sound..., word association.
- Practise writing their name in variety of different ways, you'll find your child's name card in pre-cursive writing to start practising.
- Encourage mark making for a variety of purposes: lists, on post its, cards, signs or posters. Don't worry if they aren't writing letters yet.



Understanding the World

- Discuss the weather, learn and talk about different types of animals.
- Plant some seeds and encourage your child to care for them. Talk about what seeds and plants need to grow.
- Explore a range of technologies safely within the home e.g. tablet, camera phone, torch.
- Learn about their family traditions and heritage. Talk about people who help us and their role in the community.
- Explore other cultures traditions and why they celebrate them.

Expressive Arts and Design

- Encourage your child to role play scenarios and provide props to support this. A laundry basket can become a rocket to space, some string could be Spider-Man's web shooter or pots and pans and utensils for 'cooking'.
- Use a range of media to create with: paper, card, glue, scissors, Sellotape, masking tape, recycled materials or other craft resources. Allow them to explore how to use these.
- Let them have their own ideas about how to make things or what they should look like.
- Play music, dance and sing together.