



HELPING CHILDREN ACHIEVE

School Readiness and Motor Test

Below is a list of recommended activities and independent tasks that your child should aim to do before entering school. It is not essential that your child knows how to do all of the tasks. This is an outline of tasks which help to make a child's transition into school and its expectations more manageable.

SCHOOL READINESS

Does your child:

- Know their age?
- Have a concept of time and use the correct phrases? e.g. "I am going to school tomorrow" (correct) "I am coming yesterday" (incorrect)
- Arrange their thoughts easily when they tell a story or talk about something?
- Have a preferred/dominant hand?
- Hold a pencil correctly?
- Use scissors properly/effectively?
- Write their own name or recognise the letter in their name?
- Can they draw a line between two parallel lines?
- Colour in pictures within the lines?
- Can they string beads?
- Know the names of different colours?
- Identify shapes correctly?
- Change hands depending on which side of the midline they are working?
- Reach across the midline to take something if it is offered on the "other side"?

MOTOR READINESS

- Can they raise one arm, while the other is by their side?
- March with opposite arm/leg?
- Move inside/outside, over/under, in front/behind etc?
- Know left/right?
- Do they have a motor overflow? (e.g. When I am opening one leg, can I hold the other one still? When I am writing is my tongue involved/move?)
- Do they know the different body parts and how to use them? (Note: It is easy for some to touch the nominated body parts, but knowing what they are used for is different. (i.e. Can I bend my knees? Can I wiggle my toes?))
- Can they fit their body through space (without hitting myself/touching anything) – e.g. under a table. Do I know to lower my head to go through things?
- Do they walk through a group of children participating in an activity without realising that the activity is taking place?

- Do they knock things off the edge of the table frequently?
- Do they need to hold onto something wherever they want to feel secure in space? (e.g. am I a fence hugger or do I need to touch the walls of the classroom to know where I am?)
- Do they constantly need to touch other people?
- Do they have an understanding of “will this object fit” when posting? (can the object fit into the space)
- Do they lean on tables or have poor posture while sitting?
- Do they tire easily?
- Do they avoid physical activity?
- Can they jump with both feet leaving and touching the floor at the same time?
- Can they hop?
- Can they skip?
- Can they use a skipping rope?
- Can they balance/sit on a swing while it is still?
- Can they balance/sit on a swing while it is swinging?
- Can they stand on one foot without holding on (for at least 4 seconds)? Can they change feet and repeat the activity?

If you have any concerns about the development of your child, please do not hesitate to contact us.

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