

# 4+ Overview of Life Skills & Activities that Support Assessments

At BLS we work with ALL children in these areas on a regular basis, however the most prepared children are those who are supported by you at home. Following are activities children may be presented with at an assessment, but are also life skills that all children are helped to attain. Schools are not looking for children who have learnt by rote. They are looking for children who are inquisitive, curious with aptitude and an ability to engage.

## Communication & Language

Questions about themselves (birthday), their family (siblings, names & ages) their home (address). Questions asked about the world around them. Role play opportunities for them to engage with e.g. teddy bears. Picture recognition - sometimes using the British Picture Vocabulary Scale. They will be asked to follow a set of instructions. Listen to a story & then answer questions about it. Picture sequencing. Peer interaction. Singing nursery rhymes & dancing. Look at a picture & answer questions/talk about it. Assessing - curiosity, understanding, communication, confidence, ability to speak in sentences, imagination, socialisation, vocabulary, understanding prepositions, concentration, engagement, ability to sequence.



## Social Skills

Jigsaw puzzles.  
Board games with dice & dominoes.  
Matching games.  
Odd one out games.  
Opposites.  
Sequencing with beads.  
Assessing - problem solving, tenacity, motivation, approach to tasks, working things out independently, ability to follow instructions, turn taking, sharing, ability to cope if they don't win.



# 4+ Overview of Life Skills & Activities that Support Assessments

## Physical Development

Balance beams / benches / steppingstones / hanging off monkey bars. Rolling, kicking, throwing & catching balls/bean bags. Using outdoor play equipment - such as climbing a ladder & using a slide.

Riding a tricycle or bike. Jumping. Build something out of blocks, Duplo or Lego. Playdough. Threading.

Using scissors to cut out shapes & cut along straight & wiggly lines. Ability to independently put on/take off coats & shoes. Pin boards & activities with buttons. Pencil grip & control. Draw or complete a part drawn picture. E.g. draw a face/themselves, a tree with a bird on it, add hair &/or crown to a prince or princess, add doors/windows to a house. Colouring - e.g, colouring a particular shape in a particular colour, also ability to colour between the lines.

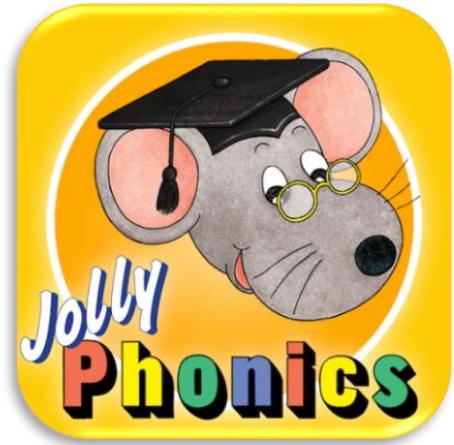
Assessing - gross motor, fine motor & possibly the ability to use a knife & fork. Pencil grip & control.



# 4+ Overview of Life Skills & Activities that Support Assessments

## Letters & Numbers

Letter & phonic recognition. Recognising their own name. Letter formation & writing their name. Number recognition & formation. Ordering numbers & counting. Games with dice & dominoes. Shape & colour recognition. Sorting lengths of items. Making shapes with straws.



## How can you support your child?

The key is communication - ask and answer questions. Encourage them to talk about themselves, their birthday, how old they are, their siblings, where they live etc. Talk about the days of the week, yesterday, tomorrow, the months of the year, weather and the seasons. Ask them to sequence a day out when you get home. Build their vocabulary e.g. names of vegetables, animals and their homes, mothers and babies, opposites, (day/night big/small). Provide them with rich experiences at the weekend - going to the park, the zoo, a museum etc. Talk about everything you see, therefore supporting their language acquisition, encourage them to ask questions. Answer their questions and extend their interest by asking questions them questions too. Work through the list of activities above, on a daily basis and support your child's acquisition of any skills mentioned. Use the bank of resources in the Home Learning tab of the Parent Area in the BLS website. If your child is attending an assessment - read the Assessment Day Tips resource that is also available there and access all the resources there that support the acquisition of the above skills. Most of all encourage curiosity and a love for learning.