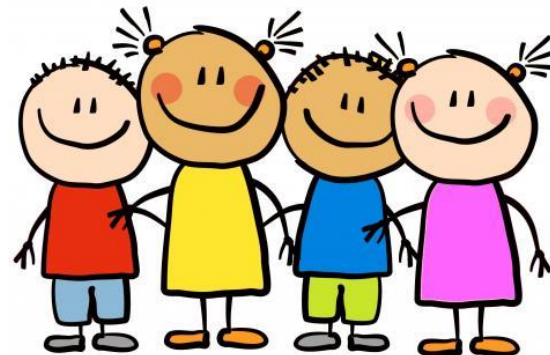


F1 Parent's Workshop

The Prime Areas of Learning



Aims:

- ▶ To understand what the three prime areas are and what they mean in terms of child development.
- ▶ To understand the expected level in all three prime areas of learning for the end of Foundation Stage 1.
- ▶ To understand how to help your child at home in order to achieve this level.



7 areas of learning:

The Prime Areas of Learning

Personal, Social and
Emotional Development

Physical
Development

Communication and
Language

The Specific Areas of Learning

Literacy

Mathematics

Understanding the
World

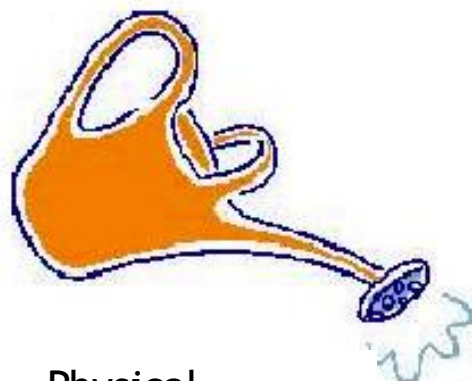
Expressive Arts and
Design

Your child will be learning skills, acquiring new knowledge and demonstrating their understanding through **7 areas of learning and development.**

Children should mostly develop the **3 prime areas** first.

As children grow, the prime areas will help them to develop skills in the **4 specific areas.**

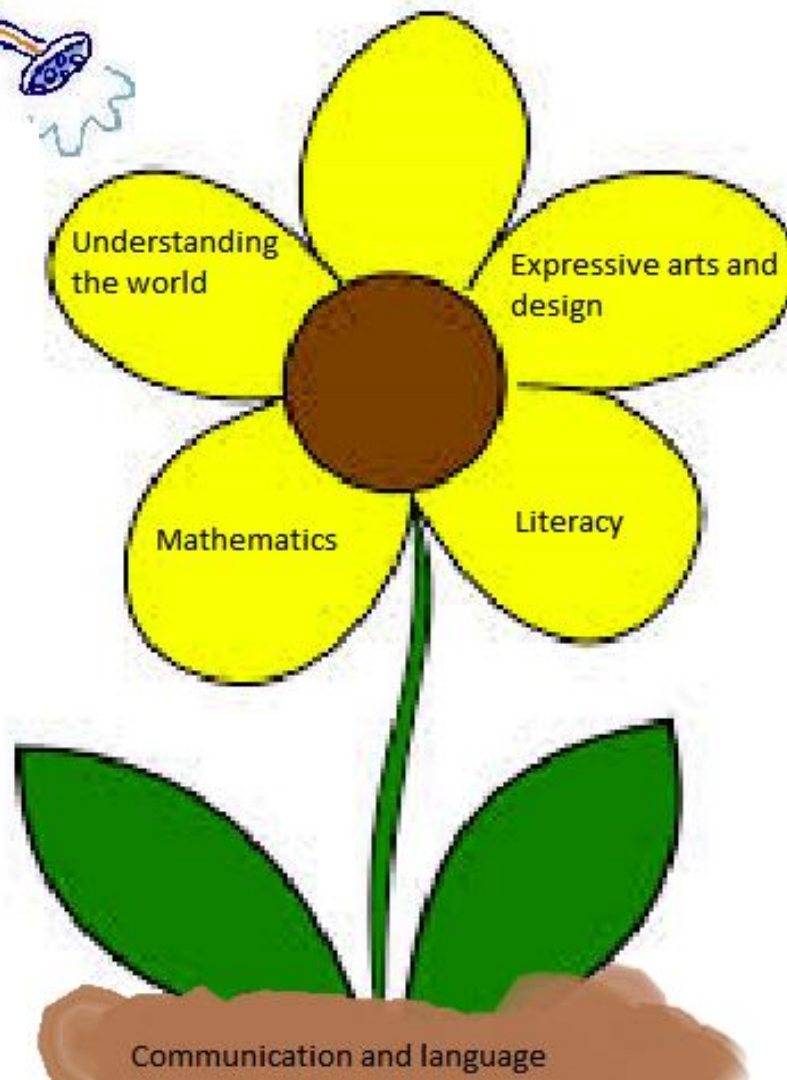




Physical
development



Personal, social and
emotional development



What do these mean?

Personal, Social and Emotional
Development

- Self-regulation
- Managing self
- Building relationships

Physical
Development

- Gross motor skills
- Fine motor skills

Communication
and Language

- Listening, attention and understanding
- Speaking



Personal, Social and Emotional Development



This area of learning and development is about how your child...

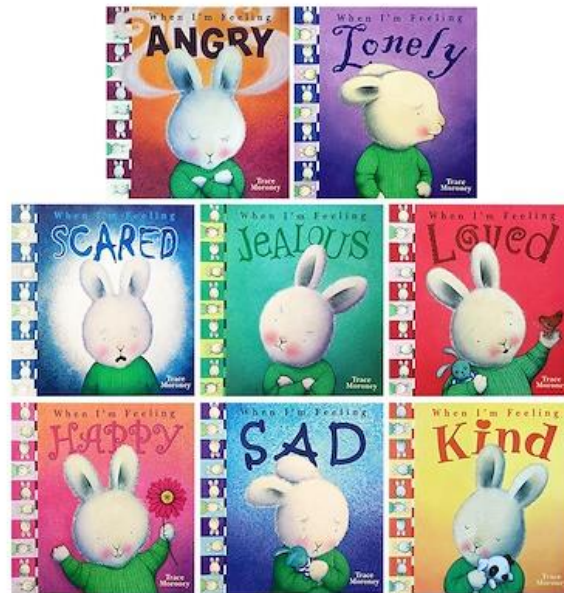
- ✓ Is confident and self-assured
- ✓ Manages their feelings and behaviour
- ✓ Makes friends
- ✓ Shares and takes turns





Activity ideas for home:

- ▶ Share stories with children about different feelings, for example, the 'Moppy' selection or the feelings series by Trace Moroney.
- ▶ Role play different scenarios with children to help them to learn how to respond, for example, using puppets.
- ▶ Play games that encourage cooperation between the child and one other such as rolling or throwing a ball to each other or games where the child is encouraged to take turns.



Physical Development



This area of learning and development is about how your child...

- ✓ Moves and uses gross motor skills
- ✓ Develops fine motor skills
- ✓ Learns about healthy living
- ✓ Manages self-care independently





Activity ideas for home:

- ▶ Cutting activities with child- friendly scissors.
- ▶ Any activities which encourage the use of the muscles in the hands (fine motor) for example, playdough, tweezers and small objects, threading.
- ▶ Water play with tipping and pouring objects such as jugs and cups.
- ▶ Running games outside such as chase, hide and seek etc.
- ▶ Climbing equipment at the park- allowing the child to manage risk but use the equipment safely.
- ▶ Dressing teddy/ dolly.
- ▶ Cooking, baking and preparing food in the kitchen (helping to make the dinner).



Communication and Language



This area of learning and development is about how your child...

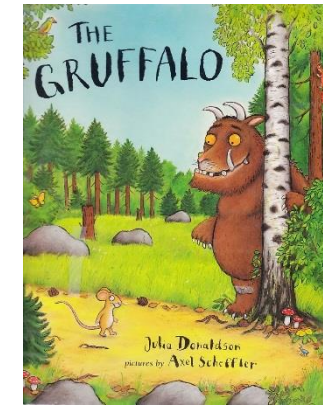
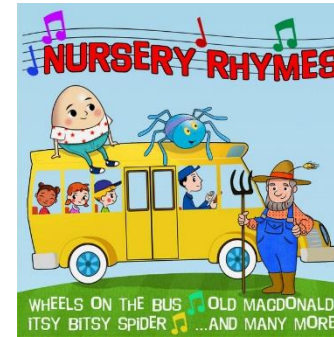
- ✓ Listens and pays attention
- ✓ Understands what is being said
- ✓ Communicates with others
- ✓ Develops vocabulary and speech





Activity ideas for home:

- ▶ Share stories with the child, both rhyming and normal.
- ▶ Sing nursery rhymes together.
- ▶ Play such as role play will allow you to extend children's language and introduce them to new words.
- ▶ Games such as 'I spy' are good for taking turns to talk and introducing children to new vocabulary.
- ▶ Play alongside children at their level in order to model language and do a running commentary on their play.
- ▶ Flash card games to extend language and implement the 1 plus 1 idea.
- ▶ Talk with children about what they see, hear, think and feel when you are out and about outside the home. For example, when doing the food shopping or walking to the park.





What to expect in the Early Years Foundation Stage: *a guide for parents*



<https://foundationyears.org.uk/wp-content/uploads/2021/09/What-to-expect-in-the-EYFS-complete-FINAL-16.09-compressed.pdf>



3 & 4-year-olds: how you can help me with my learning?

Communication & Language

- Have conversations with me about things that I am interested in. Encourage me to keep talking by nodding, smiling and making comments.
- Introduce new words when we are playing, eating or when we are out and about. Explain what new words mean to me.
- Talk to me about things that have already happened and what might happen soon.
- Play listening games with me such as 'Simon Says'.

Personal, Social & Emotional Development

- Give me tasks to carry out, e.g. washing my plate after snack.
- Model how you manage your own feelings, e.g. *"I'm feeling a bit angry so I am going to take a deep breath."* Help me to understand why I am feeling sad or frustrated.
- Make a ['calm down jar'](#).



Physical Development

- Help me with dressing but let me do the last steps, e.g. pulling up my zip after you have started it off.
- Give me lots of opportunities to be active and practise running, jumping, balancing, climbing and swinging.
- Encourage me to walk, scoot or bike to my nursery or childminder.



Some thoughts to take away!

“Learning about themselves and their emotions will help your child build positive relationships with others”

“If a child cannot learn the way we teach, maybe we should teach the way they learn”

“Teaching young children to count is fine, but teaching them what counts is best!”

“Children learn as they play. Most importantly, in play, children learn how to learn”





Please follow our F1 twitter page for regular updates of what the children get up to and learn about!

[@HighwoodPrimFS1](#)



Thank you for watching!



Questions...?

