

## AIM OT's Year One Readiness Group Introduction and Information

There are seven areas for school readiness, these are below. The Year One Group includes skills highlighted below in addition to a specific focus on **letter formations and handwriting skills** to assist the ability to manage Year One writing tasks.

1. Self care
  - a. At school children are expected to
    - i. Remove and put on shoes, socks, jumper and cardigan
    - ii. Go to toilet independently
    - iii. Open packets and/or containers
    - iv. Understand and follow a daily routine
    - v. Say their full name and address
2. Scissors
  - a. Efficient grasp
  - b. An understanding of how to use scissors
  - c. Reasonable accuracy cutting out a square
3. Visual perception
  - a. Children need to be able to make sense of what they see to help them with reading and writing
    - i. Name colours and shapes
    - ii. Complete 10-12 piece jigsaw puzzles
    - iii. Names missing objects when 2 are removed from a group of 5. Recalls 4 objects in a picture
    - iv. Recognise things that go together- hat and head, shoes and socks
    - v. Copy block structures
    - vi. Children should also ideally be able to read simple sentences
4. Gross motor
  - a. Catch and throw objects (large balls)
  - b. Walk up and down stairs
  - c. Balance on each leg for 10 seconds, hop, run, jump
  - d. Complete activities requiring balance and coordination
5. Behavioural (social) skills
  - a. waiting/ taking turns/sharing
  - b. ability to follow instructions
  - c. ability to introduce self and verbally interact with peers

- d. understanding of rules and expectations in order to learn how to properly behave
- e. ability to attend to, concentrate on, the task at hand
- f. Capacity to empathise and for humour
- g. Positive attitude
- h. Enter discussions/groups
- i. Appropriately express anger and frustration

6. Numeracy Skills

- a. Recognise numbers 1-10
- b. Matches numerals 1-10 to corresponding number of items

7. Pre-writing

- a. Identify and recognise their name and basic shapes
- b. Use both hands in cooperation
- c. Trace, copy their name recognisably
- d. Colour in with reasonable accuracy
- e. Manipulate objects using their hands
- f. Children should also ideally be able to write simple sentences between 2 solid lines



## What you can do to help your child to get ready for Year One?

The transition to school can be made easier by making the surrounds more familiar. This can be done by visiting the school first either formally through an orientation or informally through visiting the school with your child. It can also help your child if they know one or two children first. If you know of another child who is starting at the same school perhaps you could arrange for them to come over and play a few times before school starts. The following suggestions are for specific areas that your child may be experiencing difficulty in.

### 1. Self care

- practice dressing in uniform. Can they manage buttons, zippers and ties (if needed)?
- play dress ups
- check that they can open and close containers and packets. Eg. lunch box, have a picnic and practice

### 2. Pre-writing

- Practice the pre-writing patterns I  $\wedge$  O U – V
- Assist your child to draw simple pictures such as a person and a house
- encourage your child to trace, copy, draw shapes, and their name
- encourage them to practice colouring in and drawing, and try it in different positions (e.g. lying down, kneeling, on a vertical surface)
- play games that make fingers work- play dough, threading, blocks, pegs

### 3. Scissor skills

- practice open/ close scissor action picking up objects with tongs, tea bag squeezers, tweezers
- make sure they hold scissors and paper with thumb on top, and cut away from their body
- cut up magazines, card and thick paper
- practice activities requiring both hands (hold and do activities) such as lacing, threading, block towers and Duplo
- cut along short, thick, straight lines to start then move onto squares. Saying “Stop, turn the paper” can assist your child to manage corners.

### 4. Visual perception

- match and sort toys by colour, shape and or size (blocks, cars, picture cards, beads)
- practice inset and jigsaw puzzles
- find and cut out pictures of things that go together (hat and head) or cut out and place in order sequences of events (eg. pictures depicting morning routine)
- Memory games – show your child a picture or some objects and ask him to remember what he saw.

#### 5. Gross Motor

- roll, throw, catch, bounce and hit different types of balls and objects
- play games in a variety of positions, standing, kneeling, sitting
- play climbing, running, balancing, galloping, running, jumping, hopping games
- move like animals and dance to songs like Wiggles, Hokey Pokey

#### 6. Behaviour/ social skills

- talk about rules that apply in different places- home, swimming pool
- play turn taking and sharing games
- play listening games, such as Simon Says or Musical Chairs

#### 7. Numeracy Skills

- count objects with your child – shopping, washing clothes and setting the table are good opportunities to practice
- read books with your child about numbers

**After dropping your child off you may leave for the first 50 minutes of the session but if you can return 10 minutes before the end for feedback that would be much appreciated.**

We hope your child enjoys the group and their skills improve.

We encourage any feedback: [feedback@aimot.com.au](mailto:feedback@aimot.com.au)

Thank you.

