

Ready for School: Skills to Practise

Not a test. Tick what your child can do, and practise the rest through play.

Name: _____

Date: _____

Two boxes for each skill: first = practising, second = can do



Looking after myself

Uses the toilet and washes hands, with a little help if needed ☐ ☐

Puts on coat and shoes (Velcro is fine) ☐ ☐

Opens lunch box and water bottle ☐ ☐

Eats with a spoon, fork or hands as your family does ☐ ☐

Knows own full name and a grown-up's name ☐ ☐



Early reading and writing

Names some letters * ☐ ☐

Writes some letters in their name * ☐ ☐

Holds a crayon with fingers and thumb, not a fist * ☐ ☐

Enjoys sharing a book and turning pages ☐ ☐



Friends and feelings

Takes turns and follows simple game rules * ☐ ☐

Asks a grown-up for help or for the toilet ☐ ☐

Plays alongside other children ☐ ☐

Says how they feel: happy, sad, cross, scared ☐ ☐

Spends short times with other trusted adults ☐ ☐



Early maths

Counts to 10 * ☐ ☐

Names some numbers from 1 to 5 * ☐ ☐

Names a few colours * ☐ ☐

Sorts toys by colour, size or shape ☐ ☐



Talking and listening

Follows a two-step instruction: "Get your shoes and wait by the door" ☐ ☐

Tells a story with at least two events * ☐ ☐

Listens to a short story for a few minutes ☐ ☐

Joins in with rhymes and songs * ☐ ☐



Moving and doing

Hops on one foot * ☐ ☐

Catches a large ball most of the time * ☐ ☐

Buttons some buttons * ☐ ☐

Runs, climbs and jumps in the park ☐ ☐

* Things most children (75% or more) can do by age 4 or 5, from the CDC's "Learn the Signs. Act Early." milestones. Other skills: UK government "Preparing for school" guidance (Best Start in Life). Every child develops at their own pace. This is not medical advice or a screening tool. If you are worried about your child's development, talk to your doctor, health visitor or paediatrician.

Starting School: Ages and Easy Practice

Little and often: a few minutes a day through play is enough.

When do children start school?

	India	Class 1 at 6+ (Ministry of Education, 2024). Nursery, LKG and UKG usually from 3 to 6.
	England	Most start Reception in the September after turning 4; school is compulsory from the term after turning 5.
	United States	Kindergarten at about 5. Each state sets its own cut-off date, often around 1 September.
	UAE	Grade 1 at 6 by 31 December of the admission year (from 2026–27, for Aug/Sept-start schools).
	Singapore	Primary 1 in the January of the year the child turns 7.

Six easy ways to practise



Dressing race

Time a coat-on, shoes-on race. Beat yesterday's time, not each other.



Lunch box picnic

Pack a lunch box at home and let them open every lid and wrapper.



Turn-taking games

Snakes and ladders, ludo or catch: waiting for a turn is the skill.



Story chat

After a story ask "What happened first? Then what?"



Name hunt

Spot the letters of their name on packets and signs.



Count everything

Steps, grapes, spoons: count to 10, then back down.

Free printables to help

Name tracing: parentoven.com/free-tools/name-tracing-worksheet-maker

Letters and numbers: parentoven.com/learning/worksheets/preschool

Activities by age: parentoven.com/learning/activities

Reward chart for new routines: parentoven.com/free-tools/reward-chart-maker

Ages checked 23 Oct 2026: India Ministry of Education letter to states (Feb 2024); gov.uk school starting age; NCES state kindergarten table; UAE Ministry of Education (Dec 2025); Singapore MOE Primary 1 registration. Rules change and schools differ, so always check with your school or local authority.

