



Educational Moves

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School Readiness Framework

What is School Readiness?

School readiness can be defined as a child having a combination of skills, understanding and behaviours that enable them to join in and thrive at school.

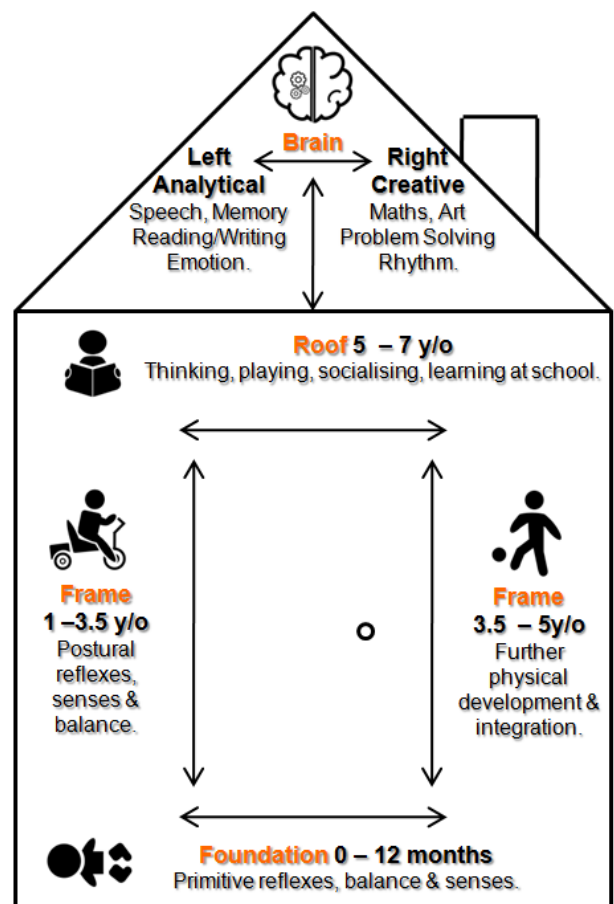
When a child goes to school, they need to be independent, have social/emotional maturity, and physical skills as well as language and cognitive skills. Below is a look at the physical skills that are needed to be ready for learning at school.

Being physically ready for school is having:

- Integrated primitive reflexes;
- Well-developed postural reflexes;
- Coordinated gross motor skills – running, jumping, climbing, catching a ball and bilateral integration and
- Mature fine motor skills – holding a pencil or turning pages of a book.

Checklist – being physically ready for school

- Smooth and fluent movements when marching, jumping, skipping, hopping, throwing and catching a ball;
- Sitting still on a chair or on the floor without needing to move, fidget or wiggle;
- Balance on one leg for ten seconds with eyes open and eyes closed;
- March or skip cross laterally;
- Draw basic shapes, letters and numbers; and
- Draw a recognisable picture of a person



Further reading on School Readiness can be read in Chapter 8 of Building Bright Futures. Copies of the book can be purchased at:

<http://www.educationalmoves.com.au/>

Best wishes,

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