

# The "Get Ready for School" DVD




## A unique DVD as a CPD resource for all Early Years Staff

Effective within a school, cluster, Authority, Region or Country.

- ✓ Nursery/Pre-school.
- ✓ Transition from Nursery/Preschool/Reception to Primary.
- ✓ Primary Years 1 and 2.



### The DVD

-  Explains the importance of the 'Foundation Skills for Formal Learning' – pre-requisites for learning to write, read, do maths, socialise & play sport WELL.
-  Shows examples of children with and without some of the 'Foundation Skills'.
-  Demonstrates playful activities as examples to inspire staff – to show it can be fun and easy helping children develop some of the skills.

### To make a CPD Resource Package, the DVD also includes

An Information Booklet packed with details of useful resources and web addresses.  
A website with free downloadable supporting materials.  
Ongoing, further downloads will be developed in response to feedback from users.

### Immediate IMPACT potential of this DVD Resource Package

- Many "Aha" moments whilst viewing – "That's Jimmy!" "That's Natasha!"
- An interesting and inspiring experience encouraging staff to get involved.
- Lots of options for staff to get started right away in their setting.
- Provides strategies and resources that can be implemented in a manageable way.
- Extends staff's existing knowledge.

### Longer term IMPACT potential of this DVD Resource Package

- Able to be viewed and implemented over an extended period.
- Creates opportunities for reflection and understanding "WHY".
- Staff able to develop their observational skills to identify potential learning issues.
- Plenty of scope for staff to collaborate in finding additional activities by:-
  - utilising other resources / programmes already available in the School or Nursery.
  - learning from the variety of resources suggested in the Information Booklet.
- Opportunities for study and 'Action Research'.
- Possibilities of exchange or shadowing in UK and abroad.

The above bullet points in line with the *GTCS CPD: Guidance for Teachers*, in *Teaching Scotland* Autumn 2008.  
The term IMPACT as quoted by Margaret Alcorn, National CPD Co-ordinator for the government in Scotland, in *Teaching Scotland* Spring 2009 and *STRIDE - Supporting Global Citizenship in Schools* Spring / Summer 2009.

**The DVD comprises 4 chapters, each can be viewed as a 'stand alone' CPD opportunity:-**

**Chapter one: An overview of the pre-requisite skills for reading, writing and maths.**

Based on child development research, we can help a child succeed with reading, writing and maths if we focus first on the Foundation Skills that underpin all formal learning. Examples of children in classroom and pre-school unable to display these skills and struggling with formal learning showing they are not yet developmentally ready. As a comparison, children who are developmentally ready are also shown in classroom, pre-school, gymnasium and outdoor settings having mastered the Foundation Skills – and are already happily started learning to read and to write.

*Playing time approx. 15 minutes.*

*"Children who practise and master the Foundation Skills for formal learning will have the chance to achieve in their early years of school and then go on to enjoy the learning process."*

**Chapter two: A closer look at 'The Foundation Skills for Formal Learning'.**

Reflex development (baby or primitive and postural reflexes), proprioceptive and sensory integration and the relationship between movement and learning are explained in detail:-

- Gross and fine motor.
- Vestibular system (balance), coordination, body and space awareness.
- Crossing the body midlines.
- Hand/eye coordination and pencil grip.
- Auditory and visual processing.

The under-developed skills are highlighted using a baseline assessment and methods of catching up are suggested including a PMP – perceptual motor programme approach.

*Playing time approx. 15 minutes.*

*"If we work together we can make a significant difference to children's early success in school."*

**Chapter three: 'Foundation Skills' activities for pre-schoolers (Also beginner Primary Yr. 1).**

A demonstration of a range of kinaesthetic (physical) activities and [action songs](#) all within guided 'play with a purpose' that can be used by educators and parents to help move children towards becoming physically and developmentally ready for formal learning.

- Involve Active Learning – encouraging the children to suggest and discuss what they experience.
- Include indoor and outdoor settings.
- Use standard equipment or resources readily available in Nursery and Pre-school.
- Offer plenty of creative ideas and methods to build around the play activities already used in Nursery and Pre-school.
- Are aimed at children 3 – 5 years of age.
- 40 different activities as examples to help develop the Foundation Skills through *Play with a Purpose* by:-
  - Reflex maturation and postural development.
  - Vestibular (balance) stimulation.
  - Sensory, Tactile (touch) and proprioceptive stimulation.
  - Gross Motor development including Spatial Awareness, Crossing Midlines, Laterality, Directionality and the Integration of Left and Right Brain Hemispheres.
  - Fine Motor, Eye-Hand Co-ordination and finger strength for pencil grip.
  - Auditory, Visual development and Language acquisition.
- With the additional understanding of the Foundation Skills and their importance, Staff can:-
  - Observe how the children are able to perform these activities then encourage, coach and guide as appropriate – feeling confident enough to explain to parents.
  - Ensure that a wide enough range of activities is used to help the development of all the Foundation Skills.

*Playing time approx. 20 minutes*

#### **Chapter four: 'Foundation Skills' activities for Early Years Primary School.**

(Note that chapter three activities may also be suitable for at least first term Primary).

A demonstration of a range of kinaesthetic (physical) activities and [action songs](#) all within guided 'play with a purpose' approach that can be used by educators to help children become physically and developmentally ready for formal learning.

- In classroom, the Gym Hall and Playground.
- Offer plenty of creative ideas and methods to assist the child in developing the Foundation Skills.
- Are aimed at children 5-7 years of age. Older children may require more individual help and the accompanying Booklet includes some useful information and contact details.
- 36 different activities as examples to help develop the Foundation Skills through *Play with a Purpose* by:-
  - Reflex maturation and postural development.
  - Vestibular (balance) stimulation.
  - Sensory, Tactile (touch) and proprioceptive stimulation.
  - Gross Motor development including Spatial Awareness, Crossing Midlines, Laterality, Directionality and the Integration of Left and Right Brain Hemispheres.
  - Fine Motor, Eye-Hand Co-ordination and finger strength for pencil grip.
  - Auditory, Visual development and Language acquisition.
- With the additional understanding of the Foundation Skills and their importance, Staff can:-
  - Consider how each activity can help the child build one or more Foundation Skills.
  - Then observe how the child is able to perform the activity and how to appropriately encourage, coach and guide the child towards success.
  - Ensure that a wide enough range of activities is used to help the development of all the Foundation Skills.
- Involve Active Learning – by encouraging the children to notice and discuss what they experience in relation to improvements in their Formal Learning skills.

*Playing Time approx. 20 minutes*

The *Get Ready for School* DVD features music and action songs specifically developed for children in Nursery and Early Years by [Tessarose](#).