



Getting Ready for 1st Grade

Want to practice school skills?

Below are suggestions of skills families might explore together outside of school.



Physical Health and Wellness

With parent/caregiver support...

- Develops skills to move through space with confidence; works on throwing, catching, dribbling with hands and feet, volleying, striking, jumping rope
- Plays cooperatively with others (taking turns, following rules)
- Demonstrates respect, kindness, and fairness during group games
- Understands why rest and sleep are important for health.
- Understands that physical activity is good for health, fun, challenge, self-expression, and/or social interaction; uses goal-setting skills to improve physical activity and health
- Participates in safe and vigorous physical activity daily and understands that moving quickly increases heart rate and breathing
- Begins to understand consequences of choices (too much screen time vs. active play)
- Demonstrates healthy and safe practices at home, school, and play (hand-washing, seatbelts, helmets, stranger safety)
- Identifies trusted adults to go to for help
- Recognizes and manages feelings (positive self-talk, calm-down strategies, asking for help)
- Sticks with a task even if it is hard or takes a long time



English Language Arts

With parent/caregiver support...

- Reads common words (the, of, to) by sight and understands easy texts
- Practices phonics (letter sounds, letter blends like st, parts of words, words)
- Describes how pictures and text work together in books
- Uses different resources (books, magazines, the Internet) to get information and write about a topic
- Talks about new words and meanings; plays with words – words that mean the same thing; words that mean the opposite
- Uses words and phrases learned through conversations and books (read alone and read-to); responds to texts (read alone and read-to)
- Asks and answers questions about details within texts (books, magazines, online)
- Speaks clearly; talks about thoughts and feelings
- Understands how print works; knows upper and lower case letters; makes words; makes sentences; follows words left-to-right/page-by-page



For activity ideas to practice these skills, go to gpb.org/learn.



Social Studies

With parent/caregiver support...

- Explains why rules are important and why rules should be followed
- Names address including city, state, and country
- Describes the passing of time with words like now/long ago, before/after, today/tomorrow/yesterday and past/present/future
- Explains and talks about national holidays; respects that people celebrate holidays differently; explains symbols that are important to our country's history
- Explains why people must make choices because they cannot have everything they want



Nutrition

With parent/caregiver support...

- Makes a habit of washing hands before mealtime
- Practices manners while sitting at a table for meals
- Makes a healthy plate by trying all food groups at meals: fruits, vegetables, grains, proteins, and dairy
- Makes a goal to have half of meals on plate to be fruits and vegetables



Fine Arts

With parent/caregiver support...

- Identifies musical opposites (high/low, fast/slow, loud/quiet, long/short, same/different) while listening to various types of music
- Finds the steady beat while listening to various types of music and singing familiar songs
- Improvises simple rhythms using body percussion (e.g., clap, stomp, pat, snap)
- Listens to various types of music together and responds to the music with body movement
- Creates works of art focusing on one or more elements of art (e.g., line, shape, form, space, color, value, texture)
- Identifies the primary colors and experiments by mixing to create new colors
- Develops fine motor skills by practicing holding various art supplies such as scissors, crayons, paintbrushes, and other activities like coloring inside the lines
- Creates a sketch before starting an artwork
- Develops an understanding of taking artistic care in craftsmanship by paying attention to detail, using time wisely, and seeing work through to completion



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Mathematics

With parent/caregiver support...

- Counts in correct order saying number names
- Explains the last number counted represents the total quantity in a set
- Compares two numbers to tell which is greater than, less than, or if the amounts are the same as
- Explores addition as putting numbers together; explores subtraction as taking numbers apart or taking one quantity from another
- Works with 11-19 objects to create groups of ten with some more ones (Example: 12 has 1 ten and 2 more ones.)
- Finds 2- and 3-dimensional shapes in the world (circle, square, triangle, rectangle, hexagon, cube, cone, cylinder, and sphere)
- Compare common objects using measurable attributes (length, height, width, or weight)
- Sorts objects and counts the number of objects in sorted groups
- Identifies and describes shapes (circle, square, triangle, rectangle, hexagon, cube, cone, cylinder, and sphere)
- Interprets data to answer relevant statistical investigative questions



Science

With parent/caregiver support...

- Notices and describes changes in the sky (day, night)
- Explores and sorts materials that make up the Earth (water, air, rocks, soil); explains reasons for sorting (texture, color, size, etc.)
- Explores and sorts common objects (clay, cloth, plastic, wood, paper, metal, buttons) by color, size, weight, shape, texture
- Makes predictions about whether objects will sink or float; tests predictions
- Investigates how an object's physical characteristics will affect its motion when a force (a toss, drop, push or pull) is applied; describes how an object will move based on its physical characteristics
- Explains the difference between living and non-living things; sorts and describes sorting of living vs nonliving things
- Describes animals and plants; groups animals and plants based on physical characteristics; asks questions about how groups are the same and different

