

入学准备清单

入学准备是指孩子在学校取得成功所需的技能、知识和行为。这包括身体、认知、适应能力以及社交/情感发展等方面。费尔法克斯县公立学校 (FCPS) 认识到，每个孩子的成长和发展速度各不相同，技能水平也存在差异。请记住，入读幼儿园的唯一先决条件是孩子在8月1日或之前年满5周岁。



常识和数学

	• 对物体进行排序和分类
	• 注意相似之处和差异
	• 识别基本颜色
	• 序列计数至30
	• 统计最多 10 个物体的集合数量
	• 将物体与 10 以内的数字进行匹配
	• 能够识别、命名和临摹基本形状（包括圆形、正方形、三角形、长方形）
	• 提出诸如谁、什么、何时、何地、为什么以及如何等问题。
	• 理解简单的时间概念（白天和黑夜、今天、昨天、明天）



健康与身体福祉

	• 饮食均衡
	• 得到充分休息
	• 已完成所有必要的免疫接种和体检（包括身体检查、牙科检查和视力检查）。
	• 跑步、跳跃、攀爬以及其他能发展大肌肉群的活动肌肉并提供锻炼
	• 使用铅笔、蜡笔、剪刀和颜料，并进行其他有助于小肌肉发育的活动



社交与情感发展

	• 和其他孩子一起玩耍和分享
	• 遵循简单的规则和流程
	• 表达自己的需求和愿望
	• 表现出学习的好奇心和积极性
	• 探索和尝试新事物
	• 很容易与父母和家人分离
	• 单独使用效果很好
	• 认真完成任务，遇到问题时寻求帮助。



语言与沟通

	• 说话时使用五到六个单词的句子。
	• 唱简单的歌曲
	• 能认出并说出简单的韵律
	• 知道自己的全名
	• 能读会写自己的名字
	• 知道家庭住址、电话号码和生日
	• 了解书籍的运作方式
	印刷品和图片的区别
	书籍是从前向后阅读的。
	打印方向为从左到右，从上到下
	• 能够识别周围环境中的熟悉印刷图案（交通标志、商店标志，例如 Target、麦当劳和沃尔玛；食品标签）
	• 聆听并回应别人给他们讲的故事
	• 用涂鸦和图画来表达想法
	• 用图片讲故事
	• 背诵字母表中的所有字母
	• 识别字母表中的大小写字母



自助技能

	• 无需帮助即可使用厕所；能够自行系紧和解开衣物。
	• 无需他人帮助即可自行扣上和解开衣物（拉链、鞋子、外套）。
	• 用餐具喂自己
	• 有助于收纳玩具或衣物
	• 负责保管个人物品
	• 打喷嚏或咳嗽时遮住口鼻

访问以下网址获取更多入学准备资源：
Go.fcps.net/SchoolReadiness



使用这份清单，帮助您和孩子记录他们已经掌握的技能。孩子完成一项技能的练习后，请在相应的方框内打勾。寓教于乐，培养孩子对学习的兴趣。

School Readiness Checklist

School readiness describes the skills, knowledge, and behaviors a child needs to be successful in school. This includes physical, cognitive, adaptive, and social/emotional developmental areas. FCPS recognizes that children grow and develop at different rates and skills vary by child. Please remember that the only prerequisite for entering kindergarten is that a child is 5 years old on or before August 1st.



GENERAL KNOWLEDGE AND MATHEMATICS

<input type="checkbox"/>	• Sorts and classifies objects
<input type="checkbox"/>	• Notices similarities and differences
<input type="checkbox"/>	• Identifies basic colors
<input type="checkbox"/>	• Counts in a sequence up to 30
<input type="checkbox"/>	• Counts sets of objects up to 10
<input type="checkbox"/>	• Matches objects with numerals up to 10
<input type="checkbox"/>	• Recognizes, names, and copies basic shapes (including circle, square, triangle, rectangle)
<input type="checkbox"/>	• Asks such questions as who, what, when, where, why, and how
<input type="checkbox"/>	• Understands simple concepts of time (night and day, today, yesterday, tomorrow)



HEALTH AND PHYSICAL WELL-BEING

<input type="checkbox"/>	• Eats a balanced diet
<input type="checkbox"/>	• Gets plenty of rest
<input type="checkbox"/>	• Receives all required immunizations and medical exams (physicals, dental and vision)
<input type="checkbox"/>	• Runs, jumps, climbs, and does other activities that develop large muscles and provide exercise
<input type="checkbox"/>	• Uses pencils, crayons, scissors, and paints and does other activities that help develop small muscles



SOCIAL & EMOTIONAL DEVELOPMENT

<input type="checkbox"/>	• Plays and shares with other children
<input type="checkbox"/>	• Follows simple rules and routines
<input type="checkbox"/>	• Expresses own needs and wants
<input type="checkbox"/>	• Shows curiosity and motivation to learn
<input type="checkbox"/>	• Explores and tries new things
<input type="checkbox"/>	• Separates easily from parents and family
<input type="checkbox"/>	• Works well alone
<input type="checkbox"/>	• Attends to tasks and seeks help when encountering a problem



LANGUAGE & COMMUNICATION

<input type="checkbox"/>	• Speaks in five- to six-word sentences
<input type="checkbox"/>	• Sings simple songs
<input type="checkbox"/>	• Recognizes and says simple rhymes
<input type="checkbox"/>	• Knows own full name
<input type="checkbox"/>	• Reads and writes own name
<input type="checkbox"/>	• Knows home address, phone number, and birthday
<input type="checkbox"/>	• Knows how books work
<input type="checkbox"/>	–The difference between print and pictures
<input type="checkbox"/>	–Books are read from front to back
<input type="checkbox"/>	–Print moves from left to right, top to bottom
<input type="checkbox"/>	• Recognizes familiar print from surroundings (traffic signs, store logos, such as Target, McDonald's, and Walmart; food labels)
<input type="checkbox"/>	• Listens to and responds to stories read to them
<input type="checkbox"/>	• Uses scribbles and drawings to express ideas
<input type="checkbox"/>	• Uses pictures to tell a story
<input type="checkbox"/>	• Recites the letters of the alphabet
<input type="checkbox"/>	• Identifies upper- and lowercase letters of the alphabet



SELF-HELP SKILLS

<input type="checkbox"/>	• Uses the toilet without help
<input type="checkbox"/>	• Fastens and unfastens own clothing (zippers, shoes, jackets) with-out assistance
<input type="checkbox"/>	• Feeds self using utensils
<input type="checkbox"/>	• Helps put away toys or clothes
<input type="checkbox"/>	• Keeps track of personal belongings
<input type="checkbox"/>	• Covers mouth or nose when sneezing or coughing

Access additional resources for school readiness at:

Go.fcps.net/SchoolReadiness



Use the checklist to help you and your child keep track of the skills they have learned. Place a check mark in each box once your child has completed the activities for that skill.

Foster a love of learning by making it fun and engaging.