

The 7 Areas of Learning

For parents

A weekly checklist for everyday moments at home

Child's name _____ Week beginning _____

Tick these off over a week or a half term. They are prompts, not targets: most happen naturally through play.

Prime areas *The foundations for everything else*

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Communication and Language

Talk through the day together and ask open questions like "What was the best part?"

☐

Physical Development

Get outside to run, climb or play in the park, and let your child dress and feed themselves where they can.

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Personal, Social and Emotional Development

Name feelings as they come up, and give your child small jobs to do and choices to make.

Specific areas *Building on the foundations*

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Literacy

Share a book every day and point out words on signs, packets and labels.

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Mathematics

Count stairs, snacks and socks, and talk about sizes, shapes and "more" or "less".

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Understanding the World

Notice the weather and seasons, and talk about family, special days and places you visit.

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Expressive Arts and Design

Sing, dance, draw or build together, and praise the effort rather than the result.

Something we enjoyed this week

The 7 Areas of Learning

For teachers and practitioners

A checklist to plan and review provision across all seven areas

Child or group _____ Week beginning _____

Tick these off over a week or a half term. They are prompts, not targets: most happen naturally through play.

Prime areas *The foundations for everything else*

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Communication and Language

Model rich vocabulary, ask open questions and leave pauses for children to respond.

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Physical Development

Offer daily opportunities for large movement outdoors and fine motor activities indoors.

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Personal, Social and Emotional Development

Use consistent routines and boundaries, and support children to name feelings and take turns.

Specific areas *Building on the foundations*

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Literacy

Hold daily story, rhyme or song time, provide mark-making resources and keep phonics practice playful.

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Mathematics

Build counting, comparing and pattern-spotting into routines and continuous provision.

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Understanding the World

Plan visits, visitors and nature-based activities that connect to children's own lives.

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Expressive Arts and Design

Provide open-ended resources and time to explore, create and role play.

Across all areas *Linking observation to planning*

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Observe and plan

Watch what children are really interested in and use it to decide the next steps in their learning.