Holy Trinity Rosehill CofE (VA) Primary School
How to help at home
Taken from DFE Starting Reception Document

Play, Creativity & Curiosity

- Engage in imaginative play, such as role-play scenarios (e.g., shopkeeper, dentist).
- Provide opportunities for drawing, painting, colouring, sticking, and other creative mark-making.
- Read storybooks together, discussing characters, plots, and "how that character might feel."
- Encourage exploration of the natural world—e.g., observing plants or playing safely with household objects.

Growing Independence & Self-Care

- Encourage your child to put on and take off their coat and shoes, and hang their coat on a peg.
- Support them in using the toilet independently and washing their hands afterward.
- Encourage independent dressing.
- Encourage use of cutlery (fork, spoon—or chopsticks) and drinking from an open cup.
- Build separation confidence by having them spend short, positive times with caring others.

Physical Development & Focus

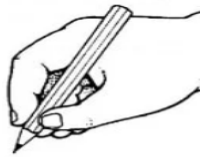
•Ensure your child has opportunities for **at least 3 hours of active play per day**—including activities like skipping, jumping, running, climbing, and catching a (large) ball.

•Support development of fine motor skills: drawing, cutting, using playdough, poking with pegs, crumpling paper, tearing, or popping bubble wrap.

•Encourage paying attention for short periods—through focused stories, simple games, or tasks.

•Limit screen time to no more than 1 hour a day for 4 year olds and less than 2 hours for 5 year olds (NHS guidelines).

•When holding a pen or pencil encourage the correct grip



Building Relationships & Communication

•Sing nursery rhymes and simple songs together.

•Foster conversations in full sentences—about activities, experiences, and the wider world.

•Support your child in expressing their needs and feelings (e.g., "I'm sad," "I need help").

•Help them begin to recognize others' feelings—e.g., "That friend looks upset—how could we help them?"

•Encourage turn-taking and sharing with peers or toys.

Holy Trinity Rosehill CofE (VA) Primary School
Reception
Autumn Term 2026

What makes me amazing and where do I belong?

PSHE

This term we are supporting children's personal, social and emotional development by helping them build independence, resilience and confidence. They will be encouraged to recognise and talk about their feelings, learn routines and rules, and begin to solve problems and work cooperatively with friends. We will also focus on developing self-care skills, pride in achievements, and showing kindness to others.

Physical Development

This term we are focusing on strengthening children's gross and fine motor skills. They will refine core movements such as running, jumping, balancing and ball skills through active play and obstacle courses, while also developing posture, coordination and confidence with equipment. We will support them in using tools like pencils, scissors and cutlery with increasing control, alongside building independence in self-care routines such as lining up, carrying belongings and managing clothing.

PE is on a Wednesday.

Communication & Language

This term we are focusing on developing children's independence and building routines, while also supporting their listening and attention skills. Through stories, songs and daily activities, they will be encouraged to use new vocabulary, share ideas and grow in confidence when communicating with others.

Reading across the curriculum this term

The Colour Monster
A New House for Mouse
Circle
Leaf Man
The Perfect Fit



Literacy

During this term we will enjoy time to talk, time to share our favourite stories and sing songs together. We will explore lots of opportunities for mark making both inside and outside which match the children's needs and interests. We will start our phonics scheme, Essential Letters and Sounds. Children will learn new sounds each week, alongside regular review sessions. They will bring home a decodable book that matches the sounds they know to practise reading at home.



Maths

In our maths sessions we will use natural resources to sort, match and compare using size, mass and capacity. We will be looking at 2D shapes, finding them in our environment and looking at their properties. We will look for patterns, spot connections and talk about what we notice. We will use our daily routines to count and recognise numbers around us, building a strong sense of number. Reception start daily Mastering Number sessions where they learn the composition of amounts and match them to numerals.



Understanding the World

Reception will listen to stories and take part in experiences that help our children understand the world around us. They will explore how they belong to different groups and be able to talk about their friends, family and what is special to them. As the seasons change, Reception will be exploring the natural world and notice similarities, differences and patterns in nature. Through stories, videos and artefacts, children will notice items from the past and be able to comment on it.



Expressive Art and Design

Reception will be exploring colour mixing, including mixing their own paint in provision. They will experiment with different drawing tools and media and construct and create using a variety of resources. We will be working hard to improve our drawing skills, drawing from imagination and observations with increasing skill. The children will enjoy listening to a range of music and experimenting with instruments. We will sing and learn new song, as well as moving their bodies expressively.



YEAR RECEPTION AUTUMN 2026

Religious Education

Reception will be learning about the Big Story starting with Creation. Whilst learning about Creation, the children will look at our beautiful world and what makes it so special as well as how we can care for it. Later in the term, the children will learn the next part of the Big Story, Incarnation. During this topic, the children will explore why do Christians perform a Nativity and take part in their own performance.

Characteristics of Effective Learning

Throughout this term, we will be developing our skills in these areas:

- Finding out and exploring
- Keep trying
- Having their own ideas

HOLY TRINITY ROSEHILL V.A. C.E. PRIMARY SCHOOL

Our School Values – How are we living out our school values in Reception this term?



We will show friendship to others in our community.



We will learn about how we can care for others.



We will try our best to keep going when things are difficult.



We will forgive others when needed.



We will be thankful for our lovely world and everything in it.