

### My Physical Skills Checklist

In Foundation Stage we are always looking for ways to improve your child's skills. We would like to work with you to do this by encouraging your child to become an independent learner.

Please tick the box when your child is able to complete one of these skills on their own at least 3 times.

Take off my shoes		
Put on my shoes on the correct feet without being reminded		
Take off my socks/tights	tights	socks
Turn my socks/tights around so they are not inside out	tights	socks
Put on my socks/tights	tights	socks
Take off my jumper/cardigan		
Turn my jumper/cardigan around so it is not inside out		
Put on my jumper/cardigan		
Take off my trousers/skirt		
Turn my skirt/trousers around so they are not inside out		
Put on my skirt/trousers		
Take off my shirt/T-shirt		
Turn my shirt/T-shirt around so it is not inside out		
Put on my shirt/T shirt		
Undo my buttons		
Do up my buttons		
Undo my zip on my coat		
Do up my zip on my coat		
Take off my coat and make sure sleeves are turned the correct way round		
Put on my coat		
Use scissors to cut safely on my own		
Use a knife to cut my food		
Use a fork to eat my food		
Use a tissue to blow my nose		
Wash my hands before eating without reminding		
Wash my hands after using the toilet without reminding		
Wipe my own bottom		
Flush the toilet		

TLC is an Essex campaign helping parents, carers and families give their young children the best start to life, developing their communication skills through playful learning at home.

Use this link in Google to access all the resources :- [Talk, Listen, Cuddle Essex](#)