

YEAR TRANSITIONS · GRADES 1–5

Summer Skills Checklist

Keep your brain busy over the holidays

How to use this

Print and put it on the fridge. Each day you do something on the list, tick the box. Aim for 4–5 ticks a day, not 12. Small and consistent beats big and rare. Six weeks of small daily habits keeps your brain ready for September.

Daily 15 — pick three

<p>■ Read for 15 minutes</p> <p>Anything counts — chapter book, comic, recipe, magazine. Reading aloud to a younger sibling counts double.</p>	<p>■ Write three sentences</p> <p>About your day, about something funny, about a dream you had. A sentence about anything beats no sentence.</p>
<p>■ Five maths questions</p> <p>Times tables, mental addition, telling the time. Use a deck of cards: turn two over and add or multiply.</p>	<p>■ Learn one new fact</p> <p>About anywhere — animals, history, space, sport. Tell someone what you learned. Teaching is the best learning.</p>
<p>■ Make something</p> <p>Drawing, building, baking, gardening, lego. Making things uses different parts of your brain.</p>	<p>■ Move for 30 minutes</p> <p>Walk, bike, swim, garden, dance. Bodies and brains work better together.</p>

Weekly tick chart

Day	Read	Write	Maths	Fact	Make	Move
Monday	■	■	■	■	■	■



Day	Read	Write	Maths	Fact	Make	Move
Tuesday	■	■	■	■	■	■
Wednesday	■	■	■	■	■	■
Thursday	■	■	■	■	■	■
Friday	■	■	■	■	■	■
Saturday	■	■	■	■	■	■
Sunday	■	■	■	■	■	■

Note for grown-ups

Don't make this feel like school. Five minutes of grumpy worksheet does less good than fifteen minutes of cheerful chat about a book. Praise effort, not outcome. If a day is missed, just start again the next day — no guilt.

