

Rising 4K Student Summer Skills



Have you ever wondered what you should be practicing with your soon-to-be 4K Cougar Cub? Here are some important skills to work on during the summer months to help prepare for the start of the school year.

Fine-Motor

- Cut a piece of paper
- Start to hold a crayon or pencil with a mature grip
- Able to take care of bathroom needs
- Begin to cut a straight line
- Use play dough to make object or animals, worms, snakes, balls etc.
- Draw a circle
- Button
- Trace and copy simple shapes (circle, square, rectangle, triangle, x, +,)
- Build a tower with blocks
- Copies some block letters
- Traces accurately on a line (straight, zig-zag, swirls, etc.)
- Draws a person with two to four body parts

Gross-Motor

- Walks up and down stairs alternating feet
- Catches a bounced ball most of the time
- Hops and skips
- Rides a tricycle



Gross-Motor (Cont.)

- Stands on one foot for 5 seconds
- Throws a ball overhand
- Kicks a ball forward

Eating and Self Care

- Holds a spoon and fork like an adult
- Manages the fasteners on clothing
- Uses basic table manners such as not talking with mouth full or reaching
- Asks to be excused from the table
- Can learn to use knife
- Laces two of three holes in a lacing shoe
- Puts on own shoes and clothing
- Can zipper a jacket and put on gloves

Cognitive

- Recognizes upper and lower case letters
- Correctly names most colors
- Matches colors
- Matches shapes
- Engages in “make-believe” play
- Begins to have a clear sense of time
- Recalls parts of a story
- Understands the concept of counting and may know a few numbers (0-10, preferred to 20)
- Approaches problems from a single point of view
- Forms patterns using AB pattern



Play

- Plays in small groups, talks while playing with friends
- Takes part in cooperative play, interacting with both the activity and the other children involved
- Enjoys blocks, puzzles, pegboards, coloring, pouring water, dressing and undressing dolls with zippers, snaps, and laces
- Explores new items and materials (paint, sand, clay, playdough, shaving cream, etc.)

Pre-Reading

- Shows interest in books and reading
- Connects information, events and real-life experiences to a story they have been read
- Questions and comments about stories
- Identifies parts of the book and the direction of the text
- Retells stories

Language

- Claps out one, two or three syllables in words
- Sentences are 4 to 6 words in length and are easily understood
- Talks about two events in order of sequence
- Can correctly pronounce /k, g, ng, f, s, y and s-blends/sounds
- May begin to attend to beginning sounds or rhyming sounds
- Follows 2-3 step commands
- Understands same and different
- Has a 900 to 1,500 word vocabulary, but understands many more words and concepts
- Asks questions to obtain information



Social

- Tells stories
- Cooperates with other children
- Shares and takes turns
- Follows directions consistently
- Interested in new experiences
- Respectfully negotiates solutions to conflicts
- Has more developed friendships and maybe even a “best friend”
- Cooperative with rules
- Understands and is sensitive to others’ feelings
- Understands the difference between real life and make believe
- Knows full name, age, and where they live
- Communicates emotions appropriately
- Cleans up after oneself