

## Early Years: 7 Areas of Learning

Areas of Learning and Development		Aspects
<b>Personal, social and emotional development</b>	Helping children to develop a positive sense of themselves, and others; to develop social skills and learn how to manage their feelings, to understand appropriate behaviour in groups, and to have confidence in their own abilities.	making relationships self- confidence and self-awareness managing feelings and behaviour
<b>Physical development</b>	Providing opportunities for young children to be active and interactive, and to develop their coordination, control and movement. Children also must be helped to understand the importance of physical activity, and to make healthy choices in relation to food.	moving and handling health and self-care
<b>Communication and language</b>	Giving children opportunities to experience a rich language environment, to develop their confidence and skills in expressing themselves, and to speak and listen in a range of situations.	listening and attention understanding speaking
<b>Literacy</b>	Encourage children to link sounds and letters and to begin to read and write.	reading writing
<b>Mathematics</b>	Providing children with opportunities to develop and improve their skills in counting, understanding and using numbers, calculating simple addition and subtraction problems and to describe shapes, spaces and measures.	numbers shape, space and measure
<b>Understanding the world</b>	Guiding children to make sense of their physical world and their community through opportunities to explore observe and find out about people, places, technology and the environment.	people and communities the world technology
<b>Expressive arts &amp; design</b>	Enabling children to explore and play with a wide range of media and materials, as well as providing opportunities and encouragement for sharing their thoughts, ideas and feelings through a variety of activities in art, music movement, dance, role-play, and design and technology.	exploring and using media and materials being imaginative