

Introduction

The **Get Set** activity books are full of fun activities that help you to reinforce at home the learning that your child is doing at school.

This activity book is about **People**. It focuses on developing your child's understanding of themselves and their friendships, families, communities and health. The book falls within the curriculum area of Understanding the world in the Early Years Foundation Stage (EYFS) framework and is supported by two other activity books for Understanding the world: **The World** and **Technology**.

It is recommended that your child starts this activity book at the beginning of the Reception year, completing one or two pages at a time over the course of the year. They should complete pages 4 to 11 in Term 1, pages 12 to 21 in Term 2 and pages 22 to 29 in Term 3. As your child works through the book, the tasks will gradually become more challenging, requiring more reading, writing and numeracy skills, helping to prepare your child for the more formal style of learning that begins in Key Stage 1.

It is worth remembering, however, that children develop and learn in different ways and at different rates, especially at this young age, and you may prefer to work through the books at your child's own pace. The activity books may also be suitable for older or younger children, depending on ability.

Before beginning each activity, read the instructions aloud to your child. Discuss what they can see in the pictures and what they have to do to complete the activity. The friendly illustrations will inspire lots of conversation and give plenty of opportunities for mark-making – an important first step when starting to write.

At the back of the book you will find **Notes for parents and carers**, with helpful guidance relating to each page of the activity book. For each topic, there is a **Teaching tip**, which explains how best to support your child as they complete the activities, **Key vocabulary**, for you to model and encourage your child to use themselves, and a practical **Extension activity**, for you to explore the topic further with your child in a real-life context.

These notes help you to get the most out of the activity books and to support and enhance your child's learning. When working through the activities, don't worry too much about your child 'getting it right'. The emphasis should instead be on 'having a go' and taking the time to enjoy exploring new topics and ideas together.

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