



National Day Nurseries Association

**\*Brighter thinking  
for early years**

# Quiz

A photograph of two young children, a boy and a girl, sitting on the floor and playing with a colorful educational toy. The boy, on the left, is wearing a blue sleeveless top and blue pants, and is looking at the girl. The girl, on the right, is wearing a pink sleeveless top and pink pants, and is laughing and holding a blue and green beaded rattle. The background is a bright, indoor playroom environment.

**Early Years Foundation  
Stage 2025**



National Day Nurseries Association

\*Brighter thinking  
for early years

## NDNA Quiz - Early Years Foundation Stage (EYFS)

How well do you and your staff know the EYFS? Test your knowledge with our quick quiz!

- 1. Identify from the following statements what you think the EYFS seeks to provide:**
  - a. Quality and consistency: So that every child makes good progress and no child gets left behind
  - b. A tick list of what children can do: So practitioners can keep track
  - c. A secure foundation: Through planning for the learning and development of each individual child and assessing and reviewing what they have learned regularly
  - d. Partnership working: Between practitioners and with parents and/or carers
  - e. Equality of opportunity and anti-discriminatory practice: Ensuring that every child is included and supported
  - f. A prescriptive formula for how children should learn: So that every child receives the same curriculum.
  
- 2. How many areas of learning and development are there in the EYFS?**
  - a. Five
  - b. Six
  - c. Seven.
  
- 3. What are the three prime areas of learning?**
  - a. Communication, language and literacy; personal, social and cultural development; motor skills
  - b. Communication and language; personal, social and emotional development; physical development
  - c. Mathematics; literacy; understanding the world.

- 4. What are the four specific areas of learning?**
  - a. Communication and language; personal, social and emotional development; physical development; cultural development
  - b. Literacy; mathematics; physical development; expressive arts and design
  - c. Literacy; mathematics; understanding the world; expressive arts and design.
- 5. True or False: Early years settings must assess children's learning and development against the Early Learning Goals.**
- 6. The end of the foundation stage is**
  - a. When children have completed their Reception year in school
  - b. When children reach their 5th birthday
  - c. When a child has met all the early learning goals.
- 7. What are the EYFS legal requirements for assessment?**
  - a. Progress check at age two, Reception Baseline Assessment (RBA), Early Years Foundation Stage Profile (EYFSP)
  - b. Assessment checks at age 1, age 2, age 3, age 4 and age 5
  - c. Completing tick lists based on Development Matters and Birth to 5 Matters.
- 8. True or false: The EYFSP is completed at the end of the foundation stage.**
- 9. True or false: Prescription medicines must only be given if prescribed by a doctor, nurse or pharmacist.**
- 10. True or false: Staff involved in preparing and handling food do not need training in food hygiene.**
- 11. Safeguarding and welfare requirements help providers to**
  - a. Know what children need to be taught
  - b. Create high-quality settings
  - c. Keep children safe and well
  - d. Complete final assessments at the end of the reception year.

**12. There must be a designated lead practitioner for:**

- a. Safeguarding
- b. Behaviour
- c. Administrating medicines.

## Answers – yellow marks the correct answer(s)

### 1. Identify from the following statements what you think the EYFS seeks to provide:

- a. Quality and consistency: So that every child makes good progress and no child gets left behind
- b. A tick list of what children can do: So practitioners can keep track
- c. A secure foundation: Through planning for the learning and development of each individual child and assessing and reviewing what they have learned regularly
- d. Partnership working: Between practitioners and with parents and/or carers
- e. Equality of opportunity and anti-discriminatory practice: Ensuring that every child is included and supported
- f. A prescriptive formula for how children should learn: So that every child receives the same curriculum.

### 2. How many areas of learning and development are there in the EYFS?

- a. Five
- b. Six
- c. Seven.

### 3. What are the three prime areas of learning?

- a. Communication, language and literacy; personal, social and cultural development; motor skills
- b. Communication and language; personal, social and emotional development; physical development
- c. Mathematics; literacy; understanding the world.

**Note:** Prime areas are particularly important for building a foundation for igniting children's curiosity and enthusiasm for learning, forming relationships and thriving.

### 4. What are the four specific areas of learning?

- a. Communication and language; personal, social and emotional development; physical development; cultural development
- b. Literacy; mathematics; physical development; expressive arts and design
- c. Literacy; mathematics; understanding the world; expressive arts and design.

**Note:** The four specific areas of learning build on the prime areas of learning and development. All areas of learning and development are important and interconnected, which means that progress in one area usually leads to progress in another.

**5. True or false: Early years settings must assess children's learning and development against the Early Learning Goals.**

**Note:** Children are assessed against these at the end of the foundation stage.

**6. The end of the foundation stage is**

- a. When children have completed their Reception year in school
- b. When children reach their 5th birthday
- c. When a child has met all the early learning goals.

**7. What are the EYFS legal requirements for assessment?**

- a. Progress check at age two, Reception Baseline Assessment (RBA), Early Years Foundation Stage Profile (EYFSP)
- b. Assessment checks at age 1, age 2, age 3, age 4 and age 5
- c. Completing tick lists based on Development Matters and Birth to 5 Matters.

**8. True or false: The EYFSP is completed at the end of the foundation stage.**

**9. True or false: Prescription medicines must only be given if prescribed by a doctor, nurse or pharmacist.**

**Note:** Prescription medicines must not be administered unless prescribed for a child by a doctor, dentist, nurse or pharmacist. Medicines containing aspirin can only be prescribed by a doctor.

**10. True or false: Staff involved in preparing and handling food do not need training in food hygiene.**

**Note:** In group provision any members of staff serving snacks and meals must receive training in food hygiene. NDNA provides [Level 2 Food Safety and Hygiene](#) training for as little as £5. Visit [www.ndna.org.uk](http://www.ndna.org.uk) for more information.

**11. Safeguarding and welfare requirements help providers to**

- a. Know what children need to be taught
- b. Create high-quality settings
- c. Keep children safe and well**
- d. Complete final assessments at the end of the reception year.

**12. There must be a designated lead practitioner for:**

- a. Safeguarding**
- b. Behaviour
- c. Administering medicines.

**Note:** It is expected that providers would have a designated officer for SEND, which behaviour may fall into, but providers are not legally required to have a set designated person for behaviour.

**To learn more, try our Introduction to the EYFS training, available as online training, live virtual classroom or face-to-face training. Take a look at our training and resources via <https://ndna.org.uk/Training>**

*The contents of this work are exclusively the property of National Day Nurseries Association (NDNA). We strive to ensure that this content is accurate and up-to-date, but information can change over time, so this document should not be used as a substitute for personalised advice from a qualified professional. We hope that you will continue to use this quiz as a useful tool and would welcome any feedback. If you have any queries or concerns about the quiz please do not hesitate to contact us.*

**National Day Nurseries Association**

National Early Years Enterprise Centre, Longbow Close, Huddersfield HD2 1GQ  
tel: 01484 407070 fax: 01484 407060 info@ndna.org.uk [www.ndna.org.uk](http://www.ndna.org.uk)