



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 toy. The boy is on the left, wearing a blue sleeveless shirt, and the girl is on the right, wearing a pink sleeveless shirt. They are both looking at the toy with interest. The background is a blurred indoor setting with shelves and toys.

**Early Years Foundation
Stage 2026**



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: (select all that apply)**
 - 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. A one-size-fits-all approach, in which every child is taught the same curriculum in the same way.

- 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. Administering medicines.
- 13. True or False: All volunteers who work directly with children on a regular basis must have an enhanced DBS check, including a barred list check, before they begin volunteering?**
- 14. Which statements best reflect the EYFS requirements regarding suitability to work with children? (select all that apply)**
 - a. Staff only need to disclose convictions that occur after they start employment

- b. Providers should wait until the end of the probation period before checking suitability
- c. Staff must disclose any information that may affect their suitability to work with children
- d. An enhanced criminal records and barred list check must be completed by providers before any individuals can begin working or volunteering.

15. Which of the following should providers do when putting children to sleep? (select all that apply)

- a. Children must be placed down on their back
- b. Children should have their own separate sleep space on a firm flat surface such as a cot, bed or mattress on the floor
- c. Providers should ask parents their chosen sleep position such as tummy, back or side
- d. Babies aged 12 months and under must only be placed to sleep in a cot.

Answers – yellow marks the correct answer(s)

1. Identify from the following statements what you think the EYFS seeks to provide: (select all that apply)

- 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. A one-size-fits-all approach, in which every child is taught the same curriculum in the same way..

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 inter-connected, 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 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.

13. True or False: All volunteers who work directly with children on a regular basis must have an enhanced DBS check, including a barred list check, before they begin volunteering?

14. Which statements best reflect the EYFS requirements regarding suitability to work with children? (select all that apply)

- a. Staff only need to disclose convictions that occur after they start employment
- b. Providers should wait until the end of the probation period before checking suitability
- c. Staff must disclose any information that may affect their suitability to work with children
- d. An enhanced criminal records and barred list check must be completed by providers before any individuals can begin working or volunteering.

15. Which of the following should providers do when putting children to sleep? (select all that apply)

- a. Children must be placed down on their back
- b. Children should have their own separate sleep space on a firm flat surface such as a cot, bed or mattress on the floor
- c. Providers should ask parents their chosen sleep position such as tummy, back or side
- d. Babies aged 12 months and under must only be placed to sleep in a cot.

Note:

- Children must be placed down on their back in their own separate sleep space on a firm flat surface such as a cot, bed or mattress on the floor
- Babies aged 12 months and under must only be placed to sleep in a cot
- Sleep spaces must only contain a firm, flat, waterproof mattress and lightweight bedding which is firmly tucked in around the child below their shoulders to prevent head covering. Alternatively, a well fitted baby sleep bag may be used. Check the manufacturer recommendations before using a baby sleep bag
- Where blankets are used, the child must be placed feet-to-foot at the bottom of the cot, with blankets tucked in

- Cots must not contain extra items such as toys, pillows, extra blankets, bumpers, wedges or straps.

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 info@ndna.org.uk www.ndna.org.uk