

## Life Skills

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>To put my shoes on the correct feet. To be able to fasten buttons on my shirt. To wish somebody good morning. To put my own hat and gloves on. To know my left and right. To hold scissors correctly to cut out shapes. <b>HW: Brush your teeth for 2 minutes by yourself</b> To always cover my mouth when I cough or sneeze. To be able to wash my hands and flush the toilet. To set the table for lunch. To make a sandwich. To fill a cup of water and carry it to the table. <b>HW: Make yourself a drink and a snack.</b> To know who is in my family. To know when my birthday is. To know my address. To know who to call in an emergency. To know what to do if I get lost. <b>HW: Pair up some socks and put them on.</b> To know how to tie a knot. To be able to get dressed. To be able to blow my own nose. To wipe a cut and put a plaster on. To put my own armbands on. <b>HW: Put on your own sun cream.</b></p>	<p>I can fasten the buttons on a cardigan. I can get dressed independently. I can find something in a bag. I can find the correct page in my book. I can put things back in the correctly labelled pot. <b>HW Laying a table/getting own cutlery and drink.</b> I know which side my knife and fork should be on. I can eat correctly with a knife and fork. I can stick a sheet straight in my book. I can wash and dry dishes. I can open and close my water bottle and my milk bottle. <b>HW- Folding and labelling clothes.</b> I can recognise coins and notes. I can ask for something in a shop. I can share with another child. I can participate in a board game with a group of friends. I can follow the rules of a game. <b>HW-Learning full name, address and birthday.</b> I can identify safe adults and safe places. I can explain what a stranger is. I know what makes a good friend and how to be one. I understand what the emergency services are. I know not to go near a body of water e.g. a lake in the park. <b>HW Brushing teeth/washing independently</b></p>	<p>Put your coat, hat, gloves and scarf on correctly. Peel a piece of fruit and put the peel in the bin. Put a badge on safely. Remember your date of birth and address. Sharpen a pencil directly into the bin, use a ruler correctly and practice rubbing out. <b>HW – Make your bed and get your bag ready for school.</b> Learn the green cross code and use this to cross the road safely. Make a piece of toast and carefully use a knife to butter it. Fasten all the buttons on your shirt, including the top one independently. Get dressed within a set time limit.. Make a cup of squash/juice. <b>HW – Load the dishwasher or dry the pots after your family have eaten and washed up.</b> Buy something from a shop and count the change correctly. To understand the dangers of fireworks. Use breathing exercises to calm down and count your heart rate. Realise when you are upset and think before speaking – count to ten. Find an appropriate mindfulness strategy for if you feel angry – it could be colouring, breathing, depends on the child. <b>HW – Put your dirty clothes into the laundry basket and not on your bedroom floor.</b> Remember a parent/carers phone number. Pack a healthy lunch and identify the different food groups. Wash your face using the correct steps independently. Eat dinner without spilling any on your clothes. Write a shopping list with a reasonable budget. <b>HW – Use public transport to go on a journey and bring your ticket into school.</b></p>	<p>To tie my shoe laces independently. To type 10 words in one minute. To write a shopping list to make a sandwich. To prepare a table ready for painting/an art lesson. To fold a piece of clothing correctly. <b>HW -to Hoover a room in your house</b> To use a hand held screwdriver. To know my full date of birth/address and be able to explain when I should or should not share it. To know when an email or text is spam/inauthentic. To use a microwave to warm something up. To use oven gloves to take something out of the microwave. <b>HW – to unlock and lock a door</b> To make a cup of tea To put dishes in their correct places after they have been washed. To thread a lace through shoes. To brush my hair and tie it back if applicable. To take turns and know when it's appropriate to interrupt a conversation. <b>HW – to make a bed</b> To sweep the floor using a dustpan and brush. To weed a flower bed. To learn water safety skills. To know how to put someone in a recovery position. To show resilience when losing a game. <b>HW: to change a pillowcase</b></p>	<p>Know the difference between a minor and major problem Wrapping a present Looking at way to conserve water Make toast with different toppings (Chop and grate) <b>HW: Set alarm to wake up</b> Using a tin opener. Write and lay out a letter accurately Use a planner/calendar Read a bus timetable Be able to save work on a computer. <b>HW: Packing a bag for an overnight stay</b> Knowing what can be recycled Change batteries Managing money, buying items and checking change Tell time Taking a temperature <b>HW: Use recycle bin and know the bin timetable</b> How to use formal language when speaking to emergency services independently Know what emergency services you need for different situations Washing cars Ring a family member <b>HW: Changing bedding for at least a week</b></p>	<p>Plan a meal Manage money Make a hot drink Recognise allergens Put away shopping <b>HW: Make a meal</b> How to use household tools Using plasters and bandages Road safety 999 calls Recall an emergency contact number <b>HW: Set up house at night</b> Hang out washing Fold washing Load and unload dishwasher Duvet on Arranging recycling into appropriate bins <b>HW: Change a bulb</b> Send a letter Fill in a form with a pen Read a timetable Tell the time using a 24 hour clock Sew on button <b>HW: Walk dog/family route</b></p>	<p>Repairing a garment Lacing shoes in a variety of ways (e.g. for trainers, for a formal shoe) Having a fair debate with somebody Making a bed (bottom sheet, pillows, duvet) Cleaning a window <b>HW- Plan a family day out</b> Touch typing Using a cash machine Fill in an online form Keyboard shortcuts Changing batteries <b>HW-Order and collect an online order</b> Sorting washing Using a washing machine Ironing Hanging a picture Change a lightbulb <b>HW- Find the stop tap</b> Following a timetable Tying a tie Planning a route Tying an apron behind your back Budgeting money <b>HW- Using public transport for the route you planned</b></p>

