

Lifeskills Content	Year Group
	Year 4/5/6
Basic independent skills	<ul style="list-style-type: none"> • Able to write their first and last name • Know their date of birth • Know their address • Able to eat using cutlery correctly • Be able to get dressed and undressed independently • Able to tie shoelaces • Able to play independently and as part of a group
Health and Hygiene	<ul style="list-style-type: none"> • Able to brush and wash their hair independently • Able to discuss the important of showering/bathing regularly and how to stay clean. • Understanding of the importance of good dental hygiene • Have a basic knowledge of clothes hygiene (When clothes need washing, how to fold them and keep them tidy) • Understanding of how to keep areas clean/ clean up spillages
Safety inside and outside the home	<ul style="list-style-type: none"> • Can make a phone call • Can confidently discuss what to do in an emergency and how to contact the emergency services. • Knowledge of how to make a sandwich/ healthy snack independently safely.
	Year 7/8/9
Autumn – Health and Hygiene	<ul style="list-style-type: none"> • Recognising what personal hygiene • Create a personal hygiene routine and know what products to use. • Importance of dental hygiene • Importance of washing your face • Regular showering/bathing and the use of deodorant • Haircare • Nail/ear/nose hygiene • Understanding of germs, how they are spread and how to manage them • Understanding of changes to their bodies as they grow up
Spring – Safety in and outside the home	<ul style="list-style-type: none"> • Identify dangers in the home • Recognise signs and hazards • Can explain how to prevent dangers • Can explain what to do in an emergency and who to contact • Recognise who you may need to contact to seek medical advice. • Knowledge of basic first aid • Understanding of road safety • Identify safe places to cross the road
Summer- Leisure and Recreation	<ul style="list-style-type: none"> • Identify local leisure activities and how participation would benefit our health. • Identify local facilities and think about how they would travel there • Recognise their personal interests and accessing clubs. • Ability to behave appropriately in a public café/restaurant • Order and pay in a public café/restaurant checking that it is within my budget and that I have the correct change. • Identify how to effectively take care of a pet and how to get them help.

Year 10/11 (optional)	
Autumn 1 – Health and Hygiene	<ul style="list-style-type: none"> • Recognise and implement personal hygiene routine • Long term effects of poor dental hygiene and skin care. • Can articulate how to shower/bath effectively • Importance of maintaining clean hair • Importance of having a clean bathroom • Pride in presentation • Understanding of their own personal needs for sanitary products • Identifying germs and how to keep themselves and areas clean. • Recognise body changes and how this may change their hygiene routine.
Autumn 2 – Home Management	<ul style="list-style-type: none"> • Understanding of how to budget for household bills • Understanding of prioritising finances • Importance of having a clean home • Product selection for a clean home. • Knowledge of how to use a washing machine independently. • Washing/ironing clothes • Awareness of appropriate clothing for different occasions • Knowledge and confidence to book an appointment • Able to shop/budget and cook a basic meal • Know how to keep food preparation areas clean
Spring 1 – Safety inside the home	<ul style="list-style-type: none"> • Demonstrate knowledge of different emergencies, the importance of getting help and how to get help • Able to identify the need for different medical professionals, using NHS services. • Knowledge of how to wash clothes correctly using a washing machine • Understanding of how to dry, fold and iron clothes. Using an iron correctly and safely • Ability to select appropriate clothes for different occasions, sticking to a budget to the outfit. • Independently make an appointment • Researched, planned, budgeted and shopped for a basic healthy meal. • Cook the meal, maintaining good hygiene standards and leaving the kitchen tidy.
Spring 2 – Safety outside the home	<ul style="list-style-type: none"> • Demonstrate knowledge of how to be safe in public, assessing risks and implementing safe practice when outside of school. • Knowledge of how to access a variety of local places, what the purpose of the visit would be and how to access these safely • Confident to cross the road safely using the Green Cross Code • Understanding of the different ways to use public transport • Plan and travel on a local route • Understanding of using a mobile phone safely, accessing contacts and phoning emergency services when out. • Confident in knowledge of how to be safe on the internet
Summer 1 – Leisure and Recreation	<ul style="list-style-type: none"> • Express opinions on leisure activities they would enjoy • Access new leisure facilities

	<ul style="list-style-type: none"> • Demonstrate knowledge of how to find new activities and plan how to access these • Ability of how to establish and maintain friendships • Understanding of how to plan, budget and book a holiday (additionally what documents they may need to travel abroad and how to access these)
<p>Summer 2 – Healthy Lifestyles</p>	<ul style="list-style-type: none"> • Healthy food choices and the benefit of these choices • Plan and shop for ingredients to make a healthy meal • Knowledge of food labels and what they mean • Cook healthy meal independently • Understanding of harmful substances, the effect on their bodies and how to say no to peer pressure • Knowledge of how to stay fit and healthy and the impact this will have on their lives • How to access support from external agencies to support with leading a healthy lifestyle