Anglesey Primary Life Skills:

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| Nursery | Reception |
| * Beginning to dress themselves e.g. putting on own coat and shoes, zipping up their coats.
* Independently going to the toilet.
* Washing and drying hands.
* Trying different foods.
* Beginning to know about healthy and unhealthy foods.
* Holding a cup without spilling whilst drinking.
* Separating care-giver.
* Independently exploring the indoor and outdoor environments.
* Building their resilience to keep on trying if they do not achieve on the first attempt.
* Keeping themselves safe and being aware of danger.
* Concept of time; now, and next.
* Asking Questions.
* Talking about their families and home.
* Learning that we have similarities and differences to our friends.
 | * Put coat on by themselves
* Zip or button up coat
* Know when they need to go to the toilet
* Be able to go to the toilet on their own
* Know how to wash their hands properly, using soap
* Can dress and undress for p.e. without support by end of year
* Can help themselves to water, choosing the cup that is theirs
* Can feed themselves at dinner time
* Can make healthy food choices Can brush their teeth independently, morning and night
* Know why we must have good dental hygiene
* Knows how to get and use a tissue to wipe their nose
* Knows how to catch a cough or a sneeze and then wash their hands
* Can use scissors safely and with good control
* Can hold a pencil in a tripod grip
* Can write their name
* Recognises all letters of the alphabet
* Recognises numbers from 1 to
* Concept of time; now, next, today, tomorrow
* Speak clearly
* Listen to others
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| Year 1 | Year 2 |
| * Put their coat on independently and fasten Dress independently for p.e.
* Hang up coats and book bags
* Put work into book bag at the end of the day, independently
* Empty book bag at home
* Look after their own things – jumper, p.e. kit, shoes, coat, hat (items need to be labelled with their name)
* Understand hygiene and be able to wash hands independently
* Make healthy food choices and use knife and fork independently
* Eat fruit appropriately, peel bananas, oranges
* Understand the value of different coins and notes
* Can use scissors safely and with good control
* Can hold a pencil in a tripod grip
* Can write their full name
* Understand stranger danger
* Understand that some strangers can be helpful – police, firefighters, teachers
* Speak clearly in a group
* Listen to a partner, a group, whole class
* Be able to speak to adults and children clearly and appropriately
* Use the internet safely with a grown up
* Understand why it is important to recycle and help with recycling around the home and at school
* Look after the school and home environment, using bins for rubbish
 | * Dress and undress themselves for p.e.
* Tie shoe laces, fasten shoes
* Understand what is meant by a healthy diet
* Know where vegetables and fruit come from, grow things in the garden
* Prepare food hygienically
* Use all cutlery correctly
* Use money to buy items at the shop
* Recognise the value of coins and notes
* Shop with family
* Hold a pencil correctly
* Know their own address
* Help with chores at home e.g. taking plates to the kitchen, making beds
* Speak clearly in a group
* Listen to a partner, a group, whole class
* Be able to speak to adults and children clearly and appropriately
* Safe use of internet with parental guidance
* Work alongside peers and ask peers for help if stuck
* Understand why it is important to recycle and help with recycling around the home and at school
* Look after the school and home environment, using bins for rubbish
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| Year 3 | Year 4 |
| * Tie shoe laces, do up buckles
* Fold own clothes when changing for p.e.
* Know where vegetables and fruit come from, grow things in the garden and harvest them
* Be able to make a sandwich and clear up after themselves
* Use all cutlery correctly
* Know the value of coins and notes and be able to say if they have enough money to but a single item
* Be able to check to see if they have the correct change when paying with £1.00, £5.00, £10.00
* Be able to use scissors safely
* Be able to write their full name
* Know their own date of birth Know their own address
* Know how to make emergency phone calls and what their address is
* Be able to put on a plaster
* Help with chores at home e.g. taking plates to the kitchen, making beds, tidying own rooms
* Speak clearly in a group
* Listen to a partner, a group, whole class
* Be able to speak to adults and children clearly and appropriately Make sensible contributions to class council
* Safe use of internet with parental guidance
* Work alongside peers, ask their peers for help if stuck
* Understand why it is important to recycle and help with recycling around the home and at school
* Look after the school and home environment, using bins for rubbish
* Begin to learn basic swimming skills, understand water safety
* Be able to change independently for swimming sessions
* Begin to set alarm clocks to wake themselves up at the right time
 | * Know when their clothes need to be washed
* Know when their p.e. kit needs to go home to be washed
* Be able to pack all things they need for school independently – p.e. kit, book bag
* Make healthy snack choices
* Follow a hygiene regime when they have a cold
* Look after dinner money, trip money and hand it to class teacher safely
* Spend money t the shop and know what change to expect from £1.00 to £10.00
* Know their full address
* Know a contact phone number
* Know their own date of birth Have road safety awareness, know where it is safe to cross
* Recognise which times tables they need to practice, where they have gaps
* Have basic first aid skills, know what items there are in first aid kit, how to make emergency calls
* Help with chores at home e.g. washing plates, making beds, tidying own rooms
* Speak clearly in a group
* Listen to a partner, a group, whole class
* Be able to speak to adults and children clearly and appropriately Make sensible contributions to class council
* Be aware of internet safety, use the internet with parental guidance
* Be able to work as a team and act appropriately with peers
* Understand why it is important to recycle and help with recycling around the home and at school
* Look after the school and home environment, using bins for rubbish
* Have basic swimming skills, be able to change independently for swimming, ensure all items are brought back to school
* Begin to set alarm clocks to wake themselves up at the right time
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| Year 5 | Year 6 |
| * Pack own bags for school, have a set routine for remembering when to bring p.e. kit, homework etc
* Have routines for personal hygiene
* Safety in the home – be able to make a cup of tea safely, cook simple things with supervision
* Have an increased awareness of what a healthy lifestyle and diet is
* Money management – be able to estimate total costs, know what change to expect
* Know the route to and from school
* Road safety – cross safely and be able to walk home alone if parents allow it
* Be able to type at speed
* Use a ruler correctly
* Help with chores at home e.g. washing plates, making beds, tidying own rooms, simple cooking
* Speak clearly in a group
* Listen to a partner, a group, whole class
* Be able to speak to adults and children clearly and appropriately
* Make sensible contributions to class council
* Understand why it is important to recycle and help with recycling around the home and at school
* Look after the school and home environment, using bins for rubbish
* Interact safely when on line, know when and how to report issues
* Peer discussions – be able to sort out problems with friendships
* Be able to swim and have an understanding of water safety
* Learn to ride a bike and understand road safety when cycling
* Be able to tell the time, read a timetable for a bus and a train
* Set alarm clocks to wake themselves up at the right time
 | * Be responsible for own things, stationery, homework, books, p.e. kit, consent forms
* Be able to make own breakfast, consider healthy options
* Safety in the home – be able to make a cup of tea safely, cook simple things with supervision
* Money management – be able to estimate total costs, know what change to expect
* Road safety – cross safely and be able to walk home alone if parents allow it
* Know the route to and from school, route to local shops
* Be able to type at speed
* Use a ruler correctly
* Understand basic first aid and emergency procedures like dialling 999
* Know where to get help, what to say e.g. mental health, bullying, personal problems
* Help with chores at home e.g. washing plates, making beds, doing washing, simple cooking
* Speak clearly in a group
* Listen to a partner, a group, whole class
* Be able to speak to adults and children clearly and appropriately Make sensible contributions to class council
* Understand why it is important to recycle and help with recycling around the home and at school
* Look after the school and home environment, using bins for rubbish
* Interact safely when on line, know when and how to report issues
* Interact safely when on line, know when and how to report issues
* Peer discussions – be able to sort out problems with friendships
* Be able to swim 25m unaided and understand water safety
* Set alarm clocks to wake themselves up at the right time
* Keep a diary or list of things to do, important dates to remember
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