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 |
| 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 |
| 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 |
| 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 |