

## Anglesey Primary Life Skills:

Nursery	Reception
<ul style="list-style-type: none"> <li>Beginning to dress themselves e.g. putting on own coat and shoes, zipping up their coats.</li> <li>Independently going to the toilet.</li> <li>Washing and drying hands.</li> <li>Trying different foods.</li> <li>Beginning to know about healthy and unhealthy foods.</li> <li>Holding a cup without spilling whilst drinking.</li> <li>Separating care-giver.</li> <li>Independently exploring the indoor and outdoor environments.</li> <li>Building their resilience to keep on trying if they do not achieve on the first attempt.</li> <li>Keeping themselves safe and being aware of danger.</li> <li>Concept of time; now, and next.</li> <li>Asking Questions.</li> <li>Talking about their families and home.</li> <li>Learning that we have similarities and differences to our friends.</li> </ul>	<ul style="list-style-type: none"> <li>Put coat on by themselves</li> <li>Zip or button up coat</li> <li>Know when they need to go to the toilet</li> <li>Be able to go to the toilet on their own</li> <li>Know how to wash their hands properly, using soap</li> <li>Can dress and undress for p.e. without support by end of year</li> <li>Can help themselves to water, choosing the cup that is theirs</li> <li>Can feed themselves at dinner time</li> <li>Can make healthy food choices Can brush their teeth independently, morning and night</li> <li>Know why we must have good dental hygiene</li> <li>Knows how to get and use a tissue to wipe their nose</li> <li>Knows how to catch a cough or a sneeze and then wash their hands</li> <li>Can use scissors safely and with good control</li> <li>Can hold a pencil in a tripod grip</li> <li>Can write their name</li> <li>Recognises all letters of the alphabet</li> <li>Recognises numbers from 1 to</li> <li>Concept of time; now, next, today, tomorrow</li> <li>Speak clearly</li> <li>Listen to others</li> </ul>

Year 1	Year 2
<ul style="list-style-type: none"> <li>Put their coat on independently and fasten Dress independently for p.e.</li> <li>Hang up coats and book bags</li> <li>Put work into book bag at the end of the day, independently</li> <li>Empty book bag at home</li> <li>Look after their own things – jumper, p.e. kit, shoes, coat, hat (items need to be labelled with their name)</li> <li>Understand hygiene and be able to wash hands independently</li> <li>Make healthy food choices and use knife and fork independently</li> <li>Eat fruit appropriately, peel bananas, oranges</li> <li>Understand the value of different coins and notes</li> <li>Can use scissors safely and with good control</li> <li>Can hold a pencil in a tripod grip</li> <li>Can write their full name</li> <li>Understand stranger danger</li> <li>Understand that some strangers can be helpful – police, firefighters, teachers</li> <li>Speak clearly in a group</li> <li>Listen to a partner, a group, whole class</li> <li>Be able to speak to adults and children clearly and appropriately</li> <li>Use the internet safely with a grown up</li> <li>Understand why it is important to recycle and help with recycling around the home and at school</li> <li>Look after the school and home environment, using bins for rubbish</li> </ul>	<ul style="list-style-type: none"> <li>Dress and undress themselves for p.e.</li> <li>Tie shoe laces, fasten shoes</li> <li>Understand what is meant by a healthy diet</li> <li>Know where vegetables and fruit come from, grow things in the garden</li> <li>Prepare food hygienically</li> <li>Use all cutlery correctly</li> <li>Use money to buy items at the shop</li> <li>Recognise the value of coins and notes</li> <li>Shop with family</li> <li>Hold a pencil correctly</li> <li>Know their own address</li> <li>Help with chores at home e.g. taking plates to the kitchen, making beds</li> <li>Speak clearly in a group</li> <li>Listen to a partner, a group, whole class</li> <li>Be able to speak to adults and children clearly and appropriately</li> <li>Safe use of internet with parental guidance</li> <li>Work alongside peers and ask peers for help if stuck</li> <li>Understand why it is important to recycle and help with recycling around the home and at school</li> <li>Look after the school and home environment, using bins for rubbish</li> </ul>

Year 3	Year 4
<ul style="list-style-type: none"> <li>• Tie shoe laces, do up buckles</li> <li>• Fold own clothes when changing for p.e.</li> <li>• Know where vegetables and fruit come from, grow things in the garden and harvest them</li> <li>• Be able to make a sandwich and clear up after themselves</li> <li>• Use all cutlery correctly</li> <li>• Know the value of coins and notes and be able to say if they have enough money to buy a single item</li> <li>• Be able to check to see if they have the correct change when paying with £1.00, £5.00, £10.00</li> <li>• Be able to use scissors safely</li> <li>• Be able to write their full name</li> <li>• Know their own date of birth Know their own address</li> <li>• Know how to make emergency phone calls and what their address is</li> <li>• Be able to put on a plaster</li> <li>• Help with chores at home e.g. taking plates to the kitchen, making beds, tidying own rooms</li> <li>• Speak clearly in a group</li> <li>• Listen to a partner, a group, whole class</li> <li>• Be able to speak to adults and children clearly and appropriately Make sensible contributions to class council</li> <li>• </li> <li>• Safe use of internet with parental guidance</li> <li>• Work alongside peers, ask their peers for help if stuck</li> </ul>	<ul style="list-style-type: none"> <li>• Know when their clothes need to be washed</li> <li>• Know when their p.e. kit needs to go home to be washed</li> <li>• Be able to pack all things they need for school independently – p.e. kit, book bag</li> <li>• Make healthy snack choices</li> <li>• Follow a hygiene regime when they have a cold</li> <li>• Look after dinner money, trip money and hand it to class teacher safely</li> <li>• Spend money at the shop and know what change to expect from £1.00 to £10.00</li> <li>• Know their full address</li> <li>• Know a contact phone number</li> <li>• Know their own date of birth Have road safety awareness, know where it is safe to cross</li> <li>• Recognise which times tables they need to practice, where they have gaps</li> <li>• Have basic first aid skills, know what items there are in first aid kit, how to make emergency calls</li> <li>• Help with chores at home e.g. washing plates, making beds, tidying own rooms</li> <li>• Speak clearly in a group</li> <li>• Listen to a partner, a group, whole class</li> <li>• Be able to speak to adults and children clearly and appropriately Make sensible contributions to class council</li> <li>• </li> <li>• Be aware of internet safety, use the internet with parental guidance</li> </ul>

<ul style="list-style-type: none"> <li>• Understand why it is important to recycle and help with recycling around the home and at school</li> <li>• Look after the school and home environment, using bins for rubbish</li> <li>• Begin to learn basic swimming skills, understand water safety</li> <li>• Be able to change independently for swimming sessions</li> <li>• Begin to set alarm clocks to wake themselves up at the right time</li> </ul>	<ul style="list-style-type: none"> <li>• Be able to work as a team and act appropriately with peers</li> <li>• Understand why it is important to recycle and help with recycling around the home and at school</li> <li>• Look after the school and home environment, using bins for rubbish</li> <li>• Have basic swimming skills, be able to change independently for swimming, ensure all items are brought back to school</li> <li>• Begin to set alarm clocks to wake themselves up at the right time</li> </ul>
Year 5	Year 6
<ul style="list-style-type: none"> <li>• Pack own bags for school, have a set routine for remembering when to bring p.e. kit, homework etc</li> <li>• Have routines for personal hygiene</li> <li>• Safety in the home – be able to make a cup of tea safely, cook simple things with supervision</li> <li>• Have an increased awareness of what a healthy lifestyle and diet is</li> <li>• Money management – be able to estimate total costs, know what change to expect</li> <li>• Know the route to and from school</li> <li>• Road safety – cross safely and be able to walk home alone if parents allow it</li> <li>• Be able to type at speed</li> <li>• Use a ruler correctly</li> <li>• Help with chores at home e.g. washing plates, making beds, tidying own rooms, simple cooking</li> </ul>	<ul style="list-style-type: none"> <li>• Be responsible for own things, stationery, homework, books, p.e. kit, consent forms</li> <li>• Be able to make own breakfast, consider healthy options</li> <li>• Safety in the home – be able to make a cup of tea safely, cook simple things with supervision</li> <li>• Money management – be able to estimate total costs, know what change to expect</li> <li>• Road safety – cross safely and be able to walk home alone if parents allow it</li> <li>• Know the route to and from school, route to local shops</li> <li>• Be able to type at speed</li> <li>• Use a ruler correctly</li> <li>• Understand basic first aid and emergency procedures like dialling 999</li> </ul>

- 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

- 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
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- Look after the school and home environment, using bins for rubbish
- Interact safely when on line, know when and how to report issues
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- 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