































Life Skills Progression of Skills 2024-25







	Personal 	Home 	Travel 	Safety 	Money 	The Wider World 
EYFS	<p>I know when and how to blow my nose</p> <p>I know when I need the toilet and can do this independently</p> <p>I can brush my teeth with some adult help</p> <p>I am beginning to wash my hands independently</p> <p>I am beginning to say please and thank you</p> <p>I can hang up my coat and bag</p> <p>I can put my coat and shoes on independently</p> <p>I can hold a pencil correctly</p> <p>I can wait my turn</p> <p>I can make an independent choice</p>	<p>I can get my bag ready for school with adult support</p> <p>I can help lay the table for dinner</p> <p>I can get dressed with some help</p> <p>I can try a variety of foods</p> <p>I am beginning to think about healthy food choices</p>	<p>I can walk by myself with an adult by my side</p> <p>I am able to ride a 2 wheeled balance bike or scooter</p> <p>I can try riding a 2 wheeled bike or scooter</p> <p>I can skip</p> <p>I can jump</p> <p>I can climb steps</p> <p>I can hop</p> <p>I can run</p> <p>I can walk short journeys with an adult by my side</p> <p>I can travel on a school coach</p>	<p>I know who my trusted adults are</p> <p>I know what the fire alarm sounds like and can follow my adults to keep safe during a fire drill</p> <p>I know my classroom has rules and I try to follow these</p> <p>I know I can say "no" if I am asked to do something that makes me sad, upset or embarrassed</p> <p>I know not to cross a road without an adult</p> <p>I know how to keep my body safe</p> <p>I know not to go off with a stranger</p>	<p>I know that money is used to buy things</p> <p>I can role play shops</p> <p>I can pay for something in a shop with help from an adult</p>	<p>I can post a letter</p> <p>I can plant a seed</p> <p>I put my rubbish in the bin</p> <p>I know families may be different</p> <p>I know that police officers, doctors, nurses and firefighters will keep me safe</p> <p>I can visit a zoo</p>







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Year 1	<p>I say please and thank you at appropriate times</p> <p>I can put my coat on and do it up.</p> <p>I can change for PE but may need help with buttons and fastenings.</p> <p>I can go to the toilet independently and wash my hands</p> <p>I can use a knife and fork independently</p> <p>I can use scissors with little support</p> <p>I can take turns</p> <p>I am beginning to maintain friendships</p> <p>I can brush my teeth independently</p> <p>I know when my birthday is</p>	<p>I can get my bag ready for school with little help</p> <p>I can dress myself with some adult support with buttons or fastenings.</p> <p>I can help to make my bed</p> <p>I know I need to eat a healthy, balanced diet</p> <p>I sometimes read before I go to sleep.</p>	<p>I walk to school with my adult</p> <p>I can walk for at least 20 minutes</p> <p>I can jump from apparatus</p> <p>I can run 100 metres</p> <p>I am trying to ride a two wheeled bike or scooter</p> <p>I can travel on a school coach</p>	<p>I know who my trusted adults are</p> <p>I can quietly follow my adults to safety when the fire alarm sounds</p> <p>I know my classroom has rules and I do my best to follow these</p> <p>I know I need to stop at the roadside and seek help from an adult to cross</p> <p>I know how to keep my body safe</p> <p>I know that 999 is for emergencies only</p> <p>I know why washing my hands is important</p> <p>I know the dangers of fireworks</p> <p>I know what is meant by stranger danger</p>	<p>I know and recognise most coins</p> <p>I know that money has to be earned</p> <p>I can pay for something with adult support</p> <p>I can role play shops</p> <p>I can add simple coins</p>	<p>I am beginning to use a computer to type</p> <p>I know animals need to be cared for</p> <p>I know the days of the week.</p> <p>I know when my birthday is</p> <p>I know there are 4 seasons. (Seasonal Walk)</p> <p>I know where I live</p> <p>I have been rockpooling (Samphire Hoe)</p> <p>I have been to a museum (Dinosaur Museum)</p>

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<p><u>Year 2</u></p>	<p>I use my manners and open doors for adults</p> <p>I am aware of when I need a coat or jumper and can put these on independently including fastenings.</p> <p>I know when I am too hot and can take coats and jumpers off independently</p> <p>I maintain friendships and know what makes a good friend</p> <p>I know my words may affect others</p> <p>I am beginning to understand different emotions and how they affect me</p> <p>I know my address and full name</p>	<p>I get my own bag ready for school</p> <p>I can do the washing up or empty the dishwasher</p> <p>I am starting to make my own bed</p> <p>I help to make dinner</p> <p>I know the importance of keeping my home tidy</p> <p>I know the importance of sleep</p> <p>I sometimes read before bedtime</p>	<p>I walk to school with my adult</p> <p>I can walk around Singleton Lake with my trusted adults</p> <p>I can ride a two wheeled bike independently</p> <p>I can travel on a school coach</p>	<p>I know who my trusted adults are</p> <p>I know how to follow the fire alarm procedure</p> <p>I follow my class rules as I know they keep me safe</p> <p>I know the Green Cross Code</p> <p>I know why I may need to call 999</p> <p>I know how to stay safe around fireworks</p> <p>I know how to keep safe around strangers</p> <p>I can use a knife safely when preparing food</p> <p>I know that medicines must only be given by a trusted adult</p> <p>I know how to stay safe around water</p>	<p>I know all the coins and notes used in the UK</p> <p>I am beginning to add money</p> <p>I am beginning to give change</p> <p>I can buy and pay for something independently in a shop</p> <p>I know that different jobs pay different amounts of money</p>	<p>I am using a computer to type</p> <p>I know how to write a letter</p> <p>I know how to care for a pet</p> <p>I can carry out a litter pick in my community</p> <p>I can learn about the past through a visit to a historic dockyard</p> <p>I can make a boat to sail</p> <p>I know the importance of caring for the local wildlife</p> <p>I am beginning to learn some basic gardening skills</p>

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<p>Year 3</p>	<p>I know I may experience different emotions and how to manage these</p> <p>I know that too much time on devices is not good for me</p> <p>I can tie my own shoelaces</p> <p>I choose a meal that I know I will eat</p> <p>I can quickly change for PE and take responsibility for my belongings</p> <p>I know my choices will affect others</p> <p>I can speak confidently in front of my class</p> <p>I know mistakes help me to learn</p> <p>I can take a shower independently</p> <p>I understand what is meant by debate</p>	<p>I pack my own bag/PE kit for school</p> <p>I can fold my own laundry</p> <p>I can empty and load the dishwasher</p> <p>I can make my own bed</p> <p>I can help follow a recipe</p> <p>I can help peg out the washing</p> <p>I can make a cup of tea or coffee</p> <p>I know the importance of a good night's sleep and how this will effect me</p>	<p>I walk to school with adult supervision</p> <p>I can ride a bike or scooter independently</p> <p>I can sustain a walk for up to an hour</p> <p>I travel on a school coach safely</p>	<p>I know who my trusted adults are</p> <p>I can follow fire alarm procedures safely</p> <p>I follow all class/school rules as they keep me safe</p> <p>I know how to cross a road safely</p> <p>I know who to call in an emergency</p> <p>I know the dangers of the beach</p> <p>I know there may be dangers within the home</p> <p>I know I can speak up if I feel unsafe</p> <p>I know some basic first aid</p> <p>I am learning to swim</p>	<p>I know the UK currency</p> <p>I know that money can be earned in a variety of ways</p> <p>I know the difference between spending and saving</p> <p>I know what a bank account is</p>	<p>I am beginning to touch type</p> <p>I am able to care for the school guinea pigs safely and responsibly</p> <p>I know who the Prime Minister is</p> <p>I know who the Queen is</p> <p>I know the effects of human on the environment</p> <p>I know how history impacts the future</p> <p>I know there is a need for rules and laws within the world.</p> <p>I have been to a local beach</p> <p>I have been to a museum</p>

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<u>Year 4</u>	<p>I understand what is meant by mental health</p> <p>I can verbalise how I am feeling to a trusted adult</p> <p>I know what is meant by peer pressure and will ensure I make the right choices</p> <p>I understand what is meant by empathy and can demonstrate this to others</p> <p>I know to manage time on my devices</p> <p>I eat a range of foods and will try new foods regularly</p> <p>I know what is meant by puberty and how it may affect me.</p> <p>I know that lack of sleep can affect my wellbeing.</p> <p>I know that our bodies are all different and we all change at different times.</p> <p>I can voice my opinions in a debate</p>	<p>I take responsibility for completing my homework on time</p> <p>I take responsibility for everything I need to bring to school</p> <p>I help to sort the laundry into the washing machine</p> <p>I can make my bed and keep my room clean</p> <p>I can prepare a simple lunch for my family</p> <p>I can peel vegetables for dinner</p> <p>I can boil an egg</p> <p>I can prepare my own breakfast</p> <p>I can Hoover independently</p>	<p>I can ride a bike with confidence</p> <p>I can pass my Level 1 Bikeability</p> <p>I travel on a school coach safely</p> <p>I can walk to the town centre and back</p> <p>I can walk to Godinton House and back</p> <p>I can identify places on a local map</p>	<p>I know who my trusted adults are</p> <p>I know why it is important to have fire procedures</p> <p>I know there are rules and laws in the country to keep us safe</p> <p>I know the dangers of electricity</p> <p>I know the procedure when dialing 999</p> <p>I know how to stay safe by the railway</p> <p>I know the effects of nicotine</p> <p>I can identify dangers around water and the beach</p> <p>I am learning to swim</p> <p>I know basic first aid</p> <p>I understand the importance of the NSPCC</p>	<p>I know why people have bank accounts</p> <p>I know the difference between credit and debit</p> <p>I know different jobs pay different amounts of money</p> <p>I have been inside a bank and know what they are for</p> <p>I know there are different ways to pay for items</p>	<p>I am becoming better at touch typing</p> <p>I can send an email</p> <p>I know my local area very well</p> <p>I know what the government do</p> <p>I know the main members of the Royal family and what they do</p> <p>I know what are meant by human rights</p> <p>I respect everyone regardless of their belief, sex, religion or sexual orientation</p> <p>I keep up to date with the changing news</p> <p>I am beginning to think about my future</p>

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Year 5	<p>I know a variety of ways to support my mental health</p> <p>I take responsibility for my behaviour at all times and know how this will affect others</p> <p>I know that everyone's bodies grow and develop differently</p> <p>I know when I need a shower and to wash my hair</p> <p>I know I may need to start using deodorant</p> <p>I know what is meant by the menstrual cycle</p> <p>I know how hormones affect boys and girls bodies during puberty</p> <p>I know that peer influence can be both positive and negative</p> <p>I have secure and healthy friendships</p> <p>I can take part in debate and draw conclusions</p>	<p>Homework is my responsibility and I ensure it is completed on time and to the best of my ability</p> <p>I can organise what I need for a school trip</p> <p>I can make my own packed lunch</p> <p>I can identify cleaning products within the home and use these safely</p> <p>I can prepare a simple meal for my family</p> <p>I can follow a recipe to make a meal</p>	<p>I can ride a bike confidently using cycle paths</p> <p>I travel on a school coach confidently</p> <p>I can follow a route on a map</p>	<p>I know technology can affect both my mental health and my sleep</p> <p>I know the dangers of alcohol and nicotine</p> <p>I know some of the laws within our country and what happens if you do not follow these</p> <p>I can cross a pedestrian crossing independently</p> <p>I am confident to call 999 if I ever need to and I know the procedures</p> <p>I know how to keep safe around water, fire, sun and railways</p> <p>I can swim at least 10m</p> <p>I am building my first aid skills and know how to deal with a medical emergency</p> <p>I can identify helpline services for children and know what to do to gain their help</p>	<p>I know why people may get into debt</p> <p>I understand the importance of saving</p> <p>I know what is meant by a budget</p> <p>I am aware that money does not always bring happiness</p> <p>I can identify jobs that pay well and those that pay poorly</p> <p>I am beginning to understand why some people are rich and some are not.</p> <p>I know that the UK is a wealthy country</p>	<p>I am confident at touch typing</p> <p>I understand the importance of the government and how we live in a democracy</p> <p>I can take part in a debate, listen carefully to the opinions of others and explain my own opinion</p> <p>I recognise that countries have different types of leaders and different ideas about law, democracy and dictatorship</p> <p>I have some understanding of current affairs and I can discuss these in conversation</p> <p>I know my skills and interests and can use these to think about the future</p> <p>I have been to an art gallery</p>

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<u>Year 6</u>	<p>I know when I am feeling anxious or stressed and know how to manage these feelings</p> <p>I am confident to perform in a school play</p> <p>I know what is meant by body image and how this is presented in the media</p> <p>I know how to act in different environments</p> <p>I can demonstrate confidence in unfamiliar environment</p> <p>I know my hormones may affect my mood</p> <p>I can manage the transition to secondary school</p> <p>I can voice my own opinions about which secondary school might be best for me</p> <p>I understand human conception</p> <p>I can take the lead in debates, listen to the views of others and make informed decisions</p> <p>I understand the importance of time management</p>	<p>I can pack my own suitcase for the residential</p> <p>I can operate the oven</p> <p>I can operate the washing machine</p> <p>I can operate the dishwasher</p> <p>I can prepare an entire meal for my family</p> <p>I can clean a bathroom</p> <p>I can take some responsibility for a younger sibling or cousin</p> <p>I may stay home alone for short periods of time</p>	<p>I can travel to school independently (if I live close enough)</p> <p>I can travel on a bus by checking the timetable, waiting at the stop safely and then buying a ticket.</p>	<p>I know the dangers of being online</p> <p>I know not to post photographs on line</p> <p>I know the dangers of social media</p> <p>I can swim 25m</p> <p>I know what I post online could affect my immediate and long term future</p> <p>I have an understanding of the dangers of drugs and alcohol</p> <p>I can cross roads safely and independently</p> <p>I know the dangers within my local area</p> <p>I am confident to keep safe around water, fire, sun and railways</p> <p>I may have a key to my house but know how to keep it safe and use it correctly</p>	<p>I may have my own bank account</p> <p>I may be responsible for my own bank card</p> <p>I know what is meant by a budget</p> <p>I know the consequences of debt</p> <p>I can carry out a budget related task successfully</p> <p>I know the pros and cons of on-line shopping</p> <p>I know that different countries carry different forms of wealth and debt</p> <p>I can debate why various jobs earn varying amounts</p>	<p>I can spend two days away from home on a residential trip with school</p> <p>I can take considered risks under supervision</p> <p>I have developed curiosity for the world around me</p> <p>I can debate and discuss the news with maturity and conscience</p> <p>I am aware of the importance of a government and how this impacts myself, my future and my family</p> <p>I know not to judge people on their appearance or stereotypes</p>

