



Primary Life Skills Developmental Framework

Our Life Skills Curriculum for primary pupils is a combination of basic food preparation, independent travelling, careers and personal safety skills. The Intent of this curriculum is to develop the following key areas:

- Be able to handle basic utensils and cutlery safely and efficiently.
- Learn how to stay safe in the community
- Provide pupils with knowledge of personal safety and hygiene.
- Learn how to interact with a range of people in the community and in school to in a safe and appropriate manner
- Be able to identify people who can help them in their local community
- Develop tolerance, respect and understanding of different faiths.
- Have an understanding of their possible careers choices in the future.

Pupils have a timetables life skills lesson every week. The curriculum below follows a three yearly cycle allowing opportunities to build on prior learning and ‘over-learn’ key skills in a range of contexts as learning in this area will be reinforced in other areas of the curriculum.

Cycle One					
Autumn Term					
Self Care			Personal Safety		
Encountering	Developing	Enhancing	Encountering	Developing	Enhancing

<ul style="list-style-type: none"> • Pupils will be able to follow rules and routines that keep them safe eg wearing shoes outside, not climbing on furniture. • Pupils will understand the importance of wearing clothing to protect them eg sun hats or coats in the rain/ cold. • Pupils will learn to wash their hands after going to the toilet. • Pupils will begin to be able to wash their hands before eating. • Pupils will understand the 	<ul style="list-style-type: none"> • Pupils will understand the importance of washing hands after going to the toilet and before eating. • Pupils will understand how to keep themselves safe when playing eg by being aware of others, following rules for using playground 	<ul style="list-style-type: none"> • Pupils will be able to make a drink for themselves and others without spilling. • Pupils will be able to keep themselves safe in the home. • Pupils will be able to keep themselves safe when in school. 	<ul style="list-style-type: none"> • Pupils will learn how to stay safe when out in the community by staying with an adult. • Pupils will be able to use their chosen method of communication in a range of different contexts. • Pupils will be able to identify things in the community that could kill them eg 	<ul style="list-style-type: none"> • Pupils will learn how to identify possible dangers in the community and how they can alleviate these risks. • Pupils will be able to cross the road safely with the support of an adult • Pupils will be able to ask for help from a trusted adult.. 	<ul style="list-style-type: none"> • Pupils will be able to keep safe when in the community, under the supervision of an adult.. • Pupils will be able to ask for help from a trusted adult in the community. • Pupils will be able to identify places where they may find a trusted adult eg library, shop
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<p>importance of sitting still whilst eating and will be able to follow this safety rule.</p>	<p>equipment and looking at what they are doing.</p> <ul style="list-style-type: none"> • Pupils will be able to follow simple safety rules around school eg walking, quiet voices, kind hands. • Pupils will understand which appliances in the household are hot and should not be touched. 		<p>a car, climbing too high</p>		
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	<ul style="list-style-type: none">• Pupils will understand the importance of not telling strangers personal information online or in the community.• Pupils will understand that films and television programmes are age rated for safety.				
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Spring 1	Spring 2
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Using Kitchen Utensils and Cutlery			Safety in the Community		
Encountering	Developing	Enhancing	Encountering	Developing	Enhancing
<ul style="list-style-type: none"> • Pupils will practise following hygiene routines before eating.. • Pupils will practise using spoons to scoop food and feed themselves. • Pupils will use a knife to spread items onto a harder surface. with the support of an adult. • Pupils will understand that a knife can cut things and be used for spreading. • Pupils will understand that 	<ul style="list-style-type: none"> • Pupils will be able to use a knife correctly to spread items onto bread. • Pupils will learn how to wash, dry and store knives safely. • Pupils will be able to pour a drink into a cup and carry it to a table. 	<ul style="list-style-type: none"> • Pupils will be able to spread items onto bread effectively. • Pupils will be able to use cutlery to eat a meal. 	<ul style="list-style-type: none"> • Pupils will learn how to be safe in the community with the support of an adult. • Pupils will learn how to communicate in a range of contexts using their preferred method • Pupils will learn to stop at a road and look for traffic. • Pupils will be able to 	<ul style="list-style-type: none"> • Pupils will begin to be able to cross a road safely with an adult. • Pupils will learn the Green Cross Code • Pupils will understand that open water can be dangerous and how to stay safe when near it eg staying away from the edge, walking • Pupils will be able to ask for 	<ul style="list-style-type: none"> • Pupils will be able to cross a quiet road safely. • Pupils will be able to identify risks in the community and discuss ways in which they can be avoided. • Pupils will understand why open water is dangerous. • Pupils will know how to keep themselves safe when near open water.

knives and forks are sharp and should be used when stationary.	<ul style="list-style-type: none"> Pupils will be able to use a spoon to mix ingredients. 		identify zebra crossings as safe places to cross the road.	help with support.	
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Summer 1			Summer 2		
Independent Living			Employment in the Community		
Encountering	Developing	Enhancing	Encountering	Developing	Enhancing
<ul style="list-style-type: none"> Pupils will be able to tidy up after an activity. Pupils will be able to wipe a table clean Pupils will be able to say please and thank you Pupils will be able to identify their 	<ul style="list-style-type: none"> Pupils will be able to toilet and wash hands afterwards with minimal support. Pupils will be able to dress themselves with basic items independently. 	<ul style="list-style-type: none"> Pupils will be able to toilet independently. Pupils will be able to dress themselves independently. 	<ul style="list-style-type: none"> Pupils will be able to identify different occupations eg teacher, nurse,waiter, police officer, fire fighter, shopkeeper Pupils will experience people 	<ul style="list-style-type: none"> Pupils will be able to identify different jobs in the community. Pupils will be able to say what different people do for their job. 	<ul style="list-style-type: none"> Pupils will be able to identify a range of occupations. Pupils will begin to show an interest in a chosen occupation. Pupils will know what is expected of each occupation..

<p>own clothes to wear.</p> <ul style="list-style-type: none"> • Pupils will begin to be able to dress themselves with support. 	<ul style="list-style-type: none"> • Pupils will be able to dress themselves in the correct order. • Pupils will be able to wet and squeeze a sponge or cloth before using it. • Pupils will be able to wipe a table clean • Pupils will be able to put rubbish in a bin • Pupils will be able to clear a table after eating eg putting dirty plate away, scraping food into a bin. 	<ul style="list-style-type: none"> • Pupils will be able to wash up simple items after eating • Pupils will be able to dry simple crockery 	<p>working in the community eg by going to a shop or cafe to buy things</p>		
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Cycle Two					
Autumn 1			Autumn 2		
Independent Living			Road Safety and Travel		
Encountering	Developing	Enhancing	Encountering	Developing	Enhancing
<ul style="list-style-type: none"> • Pupils will be able to tidy up after an activity. • Pupils will be able to wipe a table clean • Pupils will be able to say please and thank you • Pupils will be able to identify their own clothes to wear. 	<ul style="list-style-type: none"> • Pupils will be able to toilet and wash hands afterwards with minimal support. • Pupils will be able to dress themselves with basic items independently • Pupils will be able to dress themselves in the correct order. 	<ul style="list-style-type: none"> • Pupils will be able to toilet independently. • Pupils will be able to dress themselves independently. • Pupils will be able to wash up simple items after eating • Pupils will be able to 	<ul style="list-style-type: none"> • Pupils will understand that they should walk on the pavement not on the road. • Pupils will know that moving vehicles are dangerous and can kill us. • Pupils will be able to stop at the side of the road with 	<ul style="list-style-type: none"> • Pupils will be able to walk along a pavement under adult supervision. • Pupils will understand that they should stop and wait for traffic to pass before crossing the road. • Pupils will walk rather than run when near roads and be able to explain the reasons why. 	<ul style="list-style-type: none"> • Pupils will be able to cross a road safely. • Pupils will be able to walk in the community, following adult instructions and remaining calm.

<ul style="list-style-type: none"> • Pupils will begin to be able to dress themselves with support. 	<ul style="list-style-type: none"> • Pupils will be able to wet and squeeze a sponge or cloth before using it. • Pupils will be able to wipe a table clean • Pupils will be able to put rubbish in a bin • Pupils will be able to clear a table after eating eg putting dirty plate away, scraping food into a bin. 	<p>dry simple crockery</p>	<p>an adult and wait to cross.</p> <ul style="list-style-type: none"> • Pupils will understand the importance of walking, not running across a road. 	<ul style="list-style-type: none"> • Pupils will understand the importance of looking and listening for traffic. • Pupils will be able to follow adult instructions when out in the community. • Pupils will understand the reasons why they should stay close to an adult when out in the community. 	
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Spring 1	Spring 2
Self Care	Personal Safety

Encountering	Developing	Enhancing	Encountering	Developing	Enhancing
<ul style="list-style-type: none"> ● Pupils will be able to follow rules and routines that keep them safe eg wearing shoes outside, not climbing on furniture. ● Pupils will understand the importance of wearing clothing to protect them eg sun hats or coats in the rain/ cold. ● Pupils will learn to wash their hands after going to the toilet. 	<ul style="list-style-type: none"> ● Pupils will understand the importance of washing hands after going to the toilet and before eating. ● Pupils will understand how to keep themselves safe when playing eg by being aware of others, following rules for using 	<ul style="list-style-type: none"> ● Pupils will be able to make a drink for themselves and others without spilling. ● Pupils will be able to keep themselves safe in the home. ● Pupils will be able to keep themselves safe when in school. 	<ul style="list-style-type: none"> ● Pupils will learn how to stay safe when out in the community by staying with an adult. ● Pupils will be able to use their chosen method of communication in a range of different contexts. ● Pupils will be able to identify things in the community that could kill them eg a car, 	<ul style="list-style-type: none"> ● Pupils will learn how to identify possible dangers in the community and how they can alleviate these risks. ● Pupils will be able to cross the road safely with the support of an adult ● Pupils will be able to ask for help from a trusted adult.. 	<ul style="list-style-type: none"> ● Pupils will be able to keep safe when in the community, under the supervision of an adult.. ● Pupils will be able to ask for help from a trusted adult in the community. ● Pupils will be able to identify places where they may find a trusted adult eg library, shop

<ul style="list-style-type: none"> • Pupils will begin to be able to wash their hands before eating. • Pupils will understand the importance of sitting still whilst eating and will be able to follow this safety rule. • Pupils will be able to communicate when they want their face wiping or nose blowing, using their preferred method of communication. 	<p>playground equipment and looking at what they are doing.</p> <ul style="list-style-type: none"> • Pupils will be able to follow simple safety rules around school eg walking, quiet voices, kind hands. • Pupils will be able to keep themselves clean eg by using a face 		<p>climbing too high</p>		
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	<p>cloth or blowing their nose.</p> <ul style="list-style-type: none">• Pupils will understand which appliances in the household are hot and should not be touched.• Pupils will understand the importance of not telling strangers personal information online or in				
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	<p>the community.</p> <ul style="list-style-type: none"> • Pupils will understand that films and television programmes are age rated for safety. 				
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Summer 1			Summer 2		
Using Kitchen Utensils			Safety in the Community		
Encountering	Developing	Enhancing	Encountering	Developing	Enhancing
<ul style="list-style-type: none"> • Pupils will practise following hygiene routines before eating.. 	<ul style="list-style-type: none"> • Pupils will be able to use a knife correctly to spread items onto bread. 	<ul style="list-style-type: none"> • Pupils will be able to spread items onto bread effectively. • Pupils will be able to use 	<ul style="list-style-type: none"> • Pupils will learn how to be safe in the community with the 	<ul style="list-style-type: none"> • Pupils will begin to be able to cross a road safely with an adult. 	<ul style="list-style-type: none"> • Pupils will be able to cross a quiet road safely. • Pupils will be able to identify risks in the community and discuss ways in which they can be avoided. •

<ul style="list-style-type: none"> • Pupils will practise using spoons to scoop food and feed themselves. • Pupils will use a knife to spread items onto a harder surface. with the support of an adult. • Pupils will understand that a knife can cut things and be used for spreading. • Pupils will understand that knives and forks are sharp and should be used when stationary. 	<ul style="list-style-type: none"> • Pupils will learn how to wash, dry and store knives safely. • Pupils will be able to pour a drink into a cup and carry it to a table. • Pupils will be able to use a spoon to mix ingredients. 	<p>cutlery to eat a meal.</p>	<p>support of an adult.</p> <ul style="list-style-type: none"> • Pupils will learn how to communicate in a range of contexts using their preferred method • Pupils will learn to stop at a road and look for traffic. • Pupils will be able to identify zebra crossings as safe places to cross the road. 	<ul style="list-style-type: none"> • Pupils will learn the Green Cross Code • Pupils will be able to identify people in the community who can help[them. • Pupils will be able to ask for help with support. 	<ul style="list-style-type: none"> • Pupils will be able to ask a trusted adult for support/ help using their preferred method of communication.
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Cycle Three					
Autumn 1			Autumn 2		
Household Tasks			Road Safety		
Encountering	Developing	Enhancing	Encountering	Developing	Enhancing
<ul style="list-style-type: none"> • Pupils will be able to tidy up with support. • Pupils will be able to identify where things go when they are being put away. • Pupils will be able to wipe a table with 	<ul style="list-style-type: none"> • Pupils will be able to identify jobs that are carried out at home to keep it clean. • Pupils will be able to tidy up 	<ul style="list-style-type: none"> • Pupils will be able to tidy up independently and put things away in the correct places. • Pupils will identify the importance of keeping an 	<ul style="list-style-type: none"> • Pupils will understand that they should walk on the pavement not on the road. • Pupils will know that moving vehicles are dangerous and can kill us. 	<ul style="list-style-type: none"> • Pupils will be able to walk along a pavement under adult supervision. • Pupils will understand that they should stop and wait for traffic to pass before crossing the road. 	<ul style="list-style-type: none"> • Pupils will be able to cross a road safely. • Pupils will be able to walk in the community, following adult instructions and remaining calm.

<p>support/ prompting.</p> <ul style="list-style-type: none"> • Pupils will recognise that items should be picked up off the floor when tidying. • Pupils will be able to identify the bin as somewhere to put rubbish. 	<p>after an activity.</p> <ul style="list-style-type: none"> • Pupils will be able to squeeze a sponge. Coth before using. • Pupils will be able to sweep rubbish into a pile. • Pupils will be able to scrape food off their plates. • Pupils will be able to wash and 	<p>environment clean.</p>	<ul style="list-style-type: none"> • Pupils will be able to stop at the side of the road with an adult and wait to cross. • Pupils will understand the importance of walking, not running across a road. 	<ul style="list-style-type: none"> • Pupils will walk rather than run when near roads and be able to explain the reasons why. • Pupils will understand the importance of looking and listening for traffic. • Pupils will be able to follow adult instructions when out in the community. • Pupils will understand the reasons why they should stay 	
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	dry simple items.			close to an adult when out in the community.	
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Spring 1			Spring 2		
Using Kitchen utensils and Cutlery			Personal Safety		
Encountering	Developing	Enhancing	Encountering	Developing	Enhancing
<ul style="list-style-type: none"> • Pupils will practise following hygiene routines before eating.. • Pupils will practise using spoons to scoop food and feed themselves. • Pupils will use a knife to spread items onto a harder surface. 	<ul style="list-style-type: none"> • Pupils will be able to use a knife correctly to spread items onto bread. • Pupils will learn how to wash, dry and store knives safely. 	<ul style="list-style-type: none"> • Pupils will be able to spread items onto bread effectively. • Pupils will be able to use cutlery to eat a meal. 	<ul style="list-style-type: none"> • Pupils will learn how to stay safe when out in the community by staying with an adult. • Pupils will be able to use their chosen method of communication 	<ul style="list-style-type: none"> • Pupils will learn how to identify possible dangers in the community and how they can alleviate these risks. • Pupils will be able to cross the road safely with the support of an adult • Pupils will be able to ask for 	<ul style="list-style-type: none"> • Pupils will be able to keep safe when in the community, under the supervision of an adult.. • Pupils will be able to ask for help from a trusted adult in the community.

<p>with the support of an adult.</p> <ul style="list-style-type: none"> • Pupils will understand that a knife can cut things and be used for spreading. • Pupils will understand that knives and forks are sharp and should be used when stationary. 	<ul style="list-style-type: none"> • Pupils will be able to pour a drink into a cup and carry it to a table. • Pupils will be able to use a spoon to mix ingredients. 		<p>ion in a range of different contexts.</p> <ul style="list-style-type: none"> • Pupils will be able to identify things in the community that could kill them eg a car, climbing too high • Pupils will be able to identify people who can help them. 	<p>help from a trusted adult.</p> <ul style="list-style-type: none"> • Pupils will be able to identify trusted adults in the community who can help them. • Pupils will be able to identify places where they may find a trusted adult eg library, shop 	
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Summer 1	Summer 2
Self Care	Employment in the Community

Encountering	Developing	Enhancing	Encountering	Developing	Enhancing
<ul style="list-style-type: none"> ● Pupils will be able to follow rules and routines that keep them safe eg wearing shoes outside, not climbing on furniture. ● Pupils will understand the importance of wearing clothing to protect them eg sun hats or coats in the rain/ cold. ● Pupils will learn to wash their hands after going to the toilet. ● Pupils will begin to be able to 	<ul style="list-style-type: none"> ● Pupils will understand the importance of washing hands after going to the toilet and before eating. ● Pupils will understand how to keep themselves safe when playing eg by being aware of others, following rules for using playground 	<ul style="list-style-type: none"> ● Pupils will be able to make a drink for themselves and others without spilling. ● Pupils will be able to keep themselves safe in the home. ● Pupils will be able to keep themselves safe when in school. 	<ul style="list-style-type: none"> ● Pupils will be able to identify different occupations eg teacher, nurse,waiter, police officer, fire fighter, shopkeeper ● Pupils will experience people working in the community eg by going to a shop or cafe to buy things 	<ul style="list-style-type: none"> ● Pupils will be able to identify different jobs in the community. ● Pupils will be able to say what different people do for their job. 	<ul style="list-style-type: none"> ● Pupils will be able to identify a range of occupations. ● Pupils will begin to show an interest in a chosen occupation. ● Pupils will know what is expected of each occupation..

<p>wash their hands before eating.</p> <ul style="list-style-type: none"> • Pupils will understand the importance of sitting still whilst eating and will be able to follow this safety rule. 	<p>equipment and looking at what they are doing.</p> <ul style="list-style-type: none"> • Pupils will be able to follow simple safety rules around school eg walking, quiet voices, kind hands. • Pupils will understand which appliances in the household are hot and should not be touched. • Pupils will understand 				
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	<p>the importance of not telling strangers personal information online or in the community.</p> <ul style="list-style-type: none">• Pupils will understand that films and television programmes are age rated for safety.				
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