Acorns (YR) Life Skills Curriculum, cycle B

Sessions	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Trying different foods. Beginning to know about healthy and unhealthy foods.	**Value: Integrity** Using a knife and fork, having appropriate table manners Scraping plates after eating	Weeding and using garden tools	**Value: Compassion,** Caring for younger siblings and the equipment needed	**Value: Curiosity** Planting and growing sunflowers sequence pictures and talk about what happens	Making fairy cakes
	Value: Community: Listen to a story read by Sycamore, have buddy lunch	Tidying mess, keeping belongings together, putting things away	**Value: Friendship and forgiveness,** Invite parents for a carpet picnic- serving drinks and cakes	Go for walks around your neighbourhood and discuss the unique, significant or identifiable places you can see	People who help us- 999	Washing and drying up – using a cloth
	Washing hands properly, using soap and drying them Brushing teeth	**Value: Resilience,** Zipping up coat, doing up buttons, Can dress and undress for PE Blowing nose	Cracking an egg and pouring liquids Mixing ingredients for pancakes- squeezing lemon/adding toppings	Making the bed (domestic)	Sun safety Keeping safe at the beach	**Value: Creativity,** Paint/ decorate flower pots or similar
	Spread butter on bread/toast Pouring a drink	How rules and age restrictions help us; keeping safe online Firework safety	Crossing the road safely	Make a healthy snack (fruit/veg kebabs)	Posting a letter in the post-box- what happens to it then?	Pushing, steering and stopping a bike (sport).

	Value: Community Know what makes a good friend; know how to solve a problem with a friend	What is money needed for?	To know that there are dangers in the home.	**Value: Community:** Looking after the environment, litter picking in the school grounds		

Colour	Skill
	Cooking
	Finances/ money
	School values, learning behaviours
	Exercise/ well- being
	Keeping safe
	Domestic