Ash (Y3/Y4) Life Skills Curriculum, cycle B

Session	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Value: Friendship and Forgiveness Responding to hurtful behaviour; managing confidentiality; recognising risks online	Safely make a cup of tea/coffee Boiling an egg and peeling it.	Identify: eczema, asthma, head lice, verrucas and what to do seek adult support.	**Value: Citizenship** Have an understanding of what is happening in the local/national news and I show curiosity towards it. I know that MPs are voted for to represent the people	How information online is targeted; different media types, their role and impact	Meal planning and making a shopping list (see Economic Awareness)
	Know what items there are in first aid kit, how to make emergency calls. Know what to do if fall over/cut	Making a bed and taking duvet cover off. (domestic) Handwashing an item of clothing (domestic)	**Value: Community,** Who are the people that make our local community GREAT! Focus on the diversity of race, religion, culture and age exploring the achievements different people have had to contribute to our wider community	Sort washing in to dark, light, coloured and load clothes in a washing machine. Understand the different settings of a machine and the different temperatures for clothes- what happens if use wrong setting? Hang washing on a line/ clothes horse	**Value: Integrity,** When will I stand up for others against social bias? Look at scenarios of when we should tolerate situations and when we should stand up for what is morally correct.	Create, plan, prepare and cook a healthy simple one pot meal
	Planting potatoes – use harvest to make potato salad in summer	**Value: resilience,** wrapping a parcel properly	Threading a needle, Sewing on buttons	Changing batteries for a household item (domestic) Change a lightbulb , know what a fuse box is(safety)	Make fairy cakes or biscuits and learn how to put things in and take out of an oven using oven gloves.	Making decisions about money; using and keeping money safe How to read an electricity meter and think of ways save energy (Eco)
	How to tell the time – digital and analogue Taking a message correctly (communication)	Cooking: Fairy cakes/ banana bread (creaming buttercream, weighing) Reading	Gardening – planting of bulbs, pruning, weeding (eco) using tools safely – maintaining the	Making potato salad from harvested potatoes	**Value: Community,** Sorting recycling and emptying bins Car washing	**Value: Thankfulness,** Reflections for self, peer work and class reflections

		scales -fluids and weights (domestic)	quiet garden and raised beds			

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