Oak (Y1/Y2) Life Skills Curriculum, cycle B

Sessions	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Understand what is meant by a healthy diet Plant vegetables for harvesting (pumpkin?)	**Value: Compassion,** Love in a box or similar	Pairing and balling a pair of socks (domestic) Turning clothes the right way round and folding	**Value: Community,** Play a board game (interest) – invite Grandparents	**Value: Resilience** Learn to type	Use a toaster and heat up beans or similar for something on toast
	Value: Integrity, Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Risks and hazards; safety in the local environment and unfamiliar places Firework safety	**Value: Friendship and forgiveness,** Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Know what to do if I get lost – role play scenarios	Make a shopping list Follow a recipe and make simple biscuits Vacuum (domestic)	Wipe a clear surface clean. Move objects to dust a cluttered surface
	Know how to make emergency phone calls and what their address is (safety)	**Value: Resilience,** Fold own clothes when changing for PE Use a knife and fork correctly, table manners, cutting up foold	Know the value of coins and notes and be able to say if they have enough money to buy a single item Understand the need to save for more expensive items.	Helping to unload a dishwasher and put things away	Go on a local walk (Exercise)	**Value: Creativity,** Build a den (creating)

			What money is; needs and wants; looking after money			
	Laying and clearing the table (domestic)	Peeling fruit and vegetables	Sun and water safety Applying sun screen	Make a healthy sandwich (using a knife safely to spread and cut)	Why sleep is important; medicines and keeping healthy;- keeping teeth healthy; Know how to put on a plaster	Learn some sewing skills through craft or mending.

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