Sycamore (Y5/Y6) Life Skills Curriculum, cycle B

Session	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Value: Community, Retell a children story to Acorns using voices, costumes, puppets	**Value: Friendship and community,** How can we show respect in the wider community? Write letters to a local care home to cheer up the residents and visit.	How to open a bank/ savings account (finances)	How to stay safe when out in local community Fire safety- stop, drop and roll Fire Extinguishers—types and uses, Fire Blanket (independence)	Make short crust pasty and use in a recipe of their choice	My uniform is presented well. I can tie a tie in preparation for secondary school.
	Value: Resilience, Friendship, Tolerance trusting ,Being resilient and coping with criticism Identifying when someone else needs space or time to reflect and to respect this person's needs. Approach adults at the appropriate time to discuss something when I feel an injustice has occurred.	How to pack a suitcase Plan the safest route to a destination, taking into account road types and crossings	Make healthy low sugar fruit cake To understand expiry dates on food (cooking)	Budget for a week of packed lunches and snacks (finances)	**Value: Thankfulness, curiosity,** How teaching tolerance provides the means to promote social justice. The true history of voting and its importance. How does voting work across Britain? How does this compare to other countries?	**Value: Creativity,** Writing a job application/CV. What do I need to include in a CV? What are CVs for and when would I have to write one? Teach the children how to write a CV with the prospect of sending it to their dream company/ job role
	Making pasta/rice dish	What to do if you are concerned for a friend's safety/ mental health (safety)	**Value: community, creativity** – make a bird box for quiet garden/school grounds	Personal hygiene and its importance When, why, how, if applying deodorant (health)	Changing bed covers (domestic) How to read washing instructions on clothes labels (domestic)	Go on a 2-hour hike and write the risk assessment, prepare suitable first aid kit (sport, first aid)

			Using tools- screwdrive, hammer safely and appropriately			
	Value: Community, Make £5 grow – continue from previous year Research, plan and carry out a fundraising activity for a local charity	Making simple winter soup – chopping and peeling	To provide first aid in at least two scenarios - bite or sting, asthma attack, (first aid/health- St John Ambulance)	Make an omelette/scrambled eggs with filling	**Value: Resilience,** Sewing up a hole or rip **Value: Independence** Reading timetables, meeting deadlines, being on time	To explain what debt is and the impact it can have Loans including mortgages (finances)

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