



Life Skills Long-Term Plan

	Autumn 1 Independence	Autumn 2 Safety	Spring 1 Responsibility	Spring 2 Citizenship	Summer 1 Budgeting	Summer 2 Cooking & Nutrition
Y1	<p>Share something special with your class. It can be scary standing at the front of the class - can you 'find your brave?' Practise projecting your voice and speaking in full sentences.</p> <p>Be able to talk about emotions. Look at pictures of emotions - how are these people feeling? Why might they feel that way?</p> <p>FIRST AID DAY - WHOLE SCHOOL</p>	<p>Know how to dial 999 in an emergency. To be able to identify what an emergency is and isn't.</p> <p>To know name and number of road in case of emergency.</p> <p>FIREWORK SAFETY - WHOLE SCHOOL</p>	<p>Understand that litter should go in the bin. Spot litter in your local school community. What effect can litter have on the environment?</p> <p>Understand that we can reduce litter by recycling materials. Where can we recycle materials locally? What materials can be recycled? Can you promote recycling? You could make a video or a poster, or write an article for the school newspaper.</p> <p>Create something from recycled materials.</p>	<p>Perform some 'random acts of kindness', discuss who might need cheering up. Who might feel lonely? What could you do to help? e.g. creating pictures to the local care home or writing letters to local elderly residents.</p> <p>CAREERS WEEK - WHOLE SCHOOL</p> <p>GREAT BRITISH SPRING CLEAN - WHOLE SCHOOL</p> <p>COMIC RELIEF - WHOLE SCHOOL</p>	<p>Understand that money is used to buy things.</p> <p>Understand that money can be saved.</p> <p>ELECTIONS - WHOLE SCHOOL</p>	<p>Eat a food I've not tried before - try an exotic fruit e.g. persimmon, mango, coconut, lime, dragon fruit, passion fruit.</p> <p>Prepare a cold meal and eat it - a fruit salad. Safely chop the ingredients, ensure food hygiene is adequate.</p>


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<p>Y2</p>	<p>Tie my own shoe laces</p> <p>Recognise emotions in myself</p> <p>Use a ruler to underline work</p> <p>FIRST AID DAY - WHOLE SCHOOL</p>	<p>Learn how to keep themselves safe at home in relation to electrical appliances, fire safety, medicines and household products.</p> <p>How to respond if there is an accident and someone is hurt - about whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say.</p> <p>FIREWORK SAFETY - WHOLE SCHOOL</p>	<p>Talk about what's good and bad in my local area.</p> <p>Identify something bad in my local area and try to reduce it.</p>	<p>Understand that charity exists.</p> <p>Research some local charities and explain what they do.</p> <p>Raise awareness for local charities.</p> <p>CAREERS WEEK</p> <p>GREAT BRITISH SPRING CLEAN - WHOLE SCHOOL</p> <p>COMIC RELIEF - WHOLE SCHOOL</p>	<p>Understand that money is a limited resource.</p> <p>Understand the differences between needs and wants.</p> <p>ELECTIONS - WHOLE SCHOOL</p>	<p>Understand where food comes from.</p> <p>Grow something which can be eaten.</p> <p>Mix ingredients to prepare a dish.</p>


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Y3	<p>Be responsible for my own equipment. What equipment has to come to school on what day? Create a timetable of what you need on each day to take home. Remember, you are responsible for your equipment in KS2.</p> <p>Research new sports. You could join an afterschool club, or spend some time in your life skills lessons.</p> <p>FIRST AID DAY - WHOLE SCHOOL</p>	<p>Know the hazards of crossing the road. Know how to cross the road safely. Practise crossing the road safely on the playground.</p> <p>Learn how to identify typical hazards at home and in school - about fire safety at home including the need for smoke alarms</p> <p>FIREWORK SAFETY - WHOLE SCHOOL</p>	<p>Start a school improvement project to help to improve in school environment, e.g. by planning to improve a certain area.</p> <p>Implement the improvement, e.g. plant some flowers in an area of school, or create a new reading corner?</p>	<p>Understand different ways of raising money for charity.</p> <p>Learn some basic Makaton</p> <p>CAREERS WEEK</p> <p>GREAT BRITISH SPRING CLEAN - WHOLE SCHOOL</p> <p>COMIC RELIEF - WHOLE SCHOOL</p>	<p>Understand different ways to pay for things, e.g. money, debit cards, credit cards.</p> <p>Understand that money which is borrowed has to be paid back.</p> <p>ELECTIONS - WHOLE SCHOOL</p>	<p>Grow some ingredients - plant potatoes, carrots etc.</p> <p>Learn how to chop and peel ingredients safely.</p> <p>Use the same foods that you've grown to create a savoury dish, e.g. a stew. When your foods have grown, sample them.</p>


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Y4	<p>Carry out research on Doncaster. What does the town have to offer? Where can they go and visit? Discuss and write about the new town.</p> <p>Perform in front of the school (talent show, reading in front of school, assembly- poetry day). Plan performance, complete and evaluate.</p> <p>FIRST AID DAY - WHOLE SCHOOL</p>	<p>Discuss the importance of safety around railways- learn the codes and create safety posters.</p> <p>To understand the importance of taking medicines correctly and using household products safely.</p> <p>To recognise what is meant by a drug and that drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing as well as the risks.</p> <p>To understand that for some people, using drugs can become a habit which is difficult to break. How to ask for help.</p> <p>FIREWORK SAFETY - WHOLE SCHOOL</p>	<p>Plant seeds in school grounds (vegetables, flowers, plants etc.)</p> <p>Maintain the sunflowers and plant them.</p>	<p>Write a letter to a child in another school. Tell them what it is like to be a Y4 child in Doncaster.</p> <p>Discuss what is good and bad in the local area. (the children could write a letter to Doncaster council to improve a certain area, have a debate about the local area, write a pro/con list about the local area)- How could we improve the local area?</p> <p>CAREERS WEEK</p> <p>GREAT BRITISH SPRING CLEAN - WHOLE SCHOOL</p> <p>COMIC RELIEF - WHOLE SCHOOL</p>	<p>Research future aspirations</p> <p>Research the qualifications needed for their career.</p> <p>Discuss different careers and industries</p> <p>Research the pay related to the career they have chosen.</p> <p>Discuss whether they think this is enough money.</p> <p>ELECTIONS - WHOLE SCHOOL</p>	<p>Explain and research the ethics around food (fair trade, organic, animal testing etc.)</p> <p>Prepare and bake a savoury item (create instructions for each step) Clean and tidy away equipment.</p>

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Y5	<p>Plan to visit a new country- What does the new country have to offer? Where can they go and visit? Discuss and write about the new town. Create artwork linking to country of interest. Carry out an immersive day.</p> <p>Learn how to swim (weekly swimming lessons) could they do a weekly report to track their progress.</p> <p>FIRST AID DAY - WHOLE SCHOOL</p>	<p>Discuss how we are safe around water- at the swimming pool/by the sea/ rivers etc. Practise being safe around water at the swimming pool (look and take note of the different signs around the pool area)</p> <p>To identify when situations are becoming risky, unsafe or an emergency. To identify occasions where they can help take responsibility for their own safety.</p> <p>FIREWORK SAFETY - WHOLE SCHOOL</p>	<p>Positively improve one place in their local area (e.g. litter pick at the park) - GBSC (Great British Spring Clean)</p> <p>Understanding how to be safe online, different scenarios- role play.</p>	<p>Create awareness for a cause the children believe in- research different charities, how will they promote the charity- posters, leaflets, assembly</p> <p>Use an OS map to learn about my local area around school. Are there any points of interest? Can they read the map? Could they plan a route for a walk around the area?</p> <p>CAREERS WEEK</p> <p>GREAT BRITISH SPRING CLEAN</p> <p>COMIC RELIEF - WHOLE SCHOOL</p>	<p>Get the children to make a shopping list with a certain amount of money and an objective (must feed a family of 4 for a full day) Go to Asda (could be online) and spend the money</p> <p>Research different careers and decide career they would like to have. Research what qualifications are needed and the salary attached to them. Research the cost of living- could they survive on the wage of their career?</p> <p>ELECTIONS - WHOLE SCHOOL</p>	<p>Research different cooking methods, look at recipes (soup) look at equipment, ingredients and method</p> <p>Prepare and cook a dish with more than one cooking method (baking, frying, steaming, grilling, roasting, simmering etc.)</p> <p>Safety in the kitchen</p>

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Y6	<p>Children attend residential in Summer term which they will plan what they need to pack for a night away.</p> <p>Discuss what children can do for themselves at home.</p> <p>Learn about their responsibilities as they get older.</p> <p>Perform in front of class/school (poetry day or end of year performance)</p> <p>FIRST AID DAY - WHOLE SCHOOL</p>	<p>Discuss road safety on a bike (thinking about helmets, other vehicles, bike lanes) Create a poster to promote bike safety Complete bike ability</p> <p>To learn why age restrictions are important and how they help people make safe decisions about what to watch, use or play.</p> <p>Learn about risks and effects of different drugs, laws relating to drugs common to everyday life and illegal drugs. Recognise why people choose to use or not use drugs including nicotine, alcohol, medicines and illegal drugs.</p> <p>Organisations where people can get help and support concerning drug use. How to ask for help if they have concerns about drug use. Learn about mixed messages in the media relating to drug use and how they might influence opinions and decisions.</p> <p>FIREWORK SAFETY - WHOLE SCHOOL</p>	<p>Research and discuss being responsible on social media</p> <p>Promote how to be safe online (write to someone younger than them) Give the children different scenarios, what should that person do? Is that being safe online? What should they have done differently?</p>	<p>Fundraise for a charity they believe in. Research charities, organise and plan an event to raise money for. How will they promote their event, posters, leaflets, assemblies?</p> <p>Interview someone and be interviewed- prepare questions to ask someone. Could the interview be needed to get into secondary school? Watch an interview online.</p> <p>Watch the news and talk about current affairs. Debate a topic, pro and cons of new legislation.</p> <p>CAREERS WEEK - WHOLE SCHOOL</p> <p>GREAT BRITISH SPRING CLEAN - WHOLE SCHOOL</p> <p>COMIC RELIEF - WHOLE SCHOOL</p>	<p>Children are to work to a budget Could be planning an event for parents to come in/a party for the end of term Where are they going to buy the things they need? What do they need? Can they find it cheaper anywhere else?</p> <p>ELECTIONS - WHOLE SCHOOL</p>	<p>Plan and make a hot drink safely.</p> <p>Research different 2 course meals, starter/main/dessert. (look in cookbooks, online)</p> <p>Plan their own recipe for their two course meal- look at equipment, ingredients and method</p> <p>Prepare and cook their 2 course meal (could it be for parents/another class?). Could the children vote for their favourite meal to make?</p> <p>Evaluate the meal - organisation, hygiene, taste.</p>

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