



My Year 6 Life Skills Checklist

How many can you tick off this year?



 Skill		 Yes or  no
I can use a knife and fork properly		
I can pack my own school bag and P.E. kit		
I can make my own lunch		
I can wash my hands		
I can select products for a healthy hygiene routine		
I know how often I should wash my hair and body		
I know the emergency recovery position		

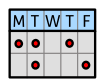
 Skill		 Yes or  no
I know how to keep myself safe when walking around with a phone		
I know why I should wear a helmet		
I know what is acceptable and appropriate to say to others		
I can plan my route to secondary school		
I know about different job options business, finance and legal		



My Year 5 Life Skills Checklist

How many can you tick off this year?



 Skill		 Yes or  no
I can use a knife and fork properly		
I can pack my own school bag and P.E. kit		
I can write my own homework timetable		
I can wash my hands		
I can select products for a healthy hygiene routine e.g. shampoo, deodorant		
I know how often I should wash my hair and body		

 Skill		 Yes or  no
I know how to keep myself safe when walking around with a phone		
I know what is acceptable and appropriate to say to others		
I can read a bus timetable		
I know about different job options trades, hair and beauty		



My Year 4 Life Skills Checklist

How many can you tick off this year?



 Skill		 Yes	or	 no
I know what clothes to wear/bring for the right weather.				
I can label my clothes and my bag				
I can make my breakfast				
I can wash my hands				
I can select products for a healthy hygiene routine e.g. shampoo, deodorant				
I know how often I should wash my hair and body				

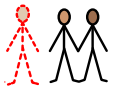
 Skill		 Yes	or	 no
I know basic first aid				
I know how to cross roads safely				
I know the rule of law				
I know how to share my location - 'what 3 words'				
I know about different job options				
Technology				



My Year 2 Life Skills Checklist

How many can you tick off this year?



 Skill		 Yes or  no
I can use a knife and fork properly		
I can tie my shoe laces		
I know how much water I should be drinking each day		
I can wash my hands		
I know how my uniform should be worn		
I can identify safe and unsafe strangers		
I know how to stay safe if a stranger approaches me		

 Skill		 Yes or  no
I know familiar greetings and when to use them		
I know about different job options Armed forces		



My Reception Life Skills Checklist

How many can you tick off this year?



 Skill		 Yes or  no
I can put my coat on and off and zip it up		
I can put my shoes on the right feet		
I can get changed for P.E.		
I can use a knife and fork		
I can put something in my bag and zip it up		
I can wash my hands properly		
I can brush my teeth		

 Skill		 Yes or  no
I can make an emergency call	999 	
I know my postcode and door number		
I can hold a door for others		
I can stop and wait		
I know jobs where people help us		



My Nursery Life Skills Checklist

How many can you tick off this year?



 Skill		 Yes or  no
I can hang up my coat on my peg		
I can remember where I put my water bottle.		
I can use a knife and fork		
I can wash my hands properly		
I can brush my teeth		
I can ask an adult to help me by using my words		

 Skill		 Yes or  no
I can identify what an emergency is	999 	
I know what to do if I get lost		
I know when and can say please and thank you		
I can take turns		
I know jobs where people help us		



My Year 1 Life Skills Checklist

How many can you tick off this year?



 Skill		 Yes or  no
I can use a knife and fork properly		
I know how to get changed for P.E and I can make sure my clothes are the right way round		
I can follow the reading book routine for coming into school and going home		
I can wash my hands		
I can sneeze and cough into a tissue		
I can explain who a stranger is		
I can identify safe and unsafe scenarios		

 Skill		 Yes or  no
I can eat politely		
I know about different job options vets		



My Year 3 Life Skills Checklist

How many can you tick off this year?



 Skill		 Yes or  no
I can use a knife and fork properly		
I can label my clothes and my bag		
I know what clothes to wear / bring for the right weather		
I can pack my school bag and my P.E. kit		
I can wash my hands		
I know what a healthy snack is		
I know how to and why I need to tie my hair up		

 Skill		 Yes or  no
I can memorise the phone number of a trusted adult		
I can solve a friendship problem		
I know about different job options creative arts		