

Life Skills Scheme of Work



	Being me in my World Autumn 1st half	Celebrating Difference Autumn 2 nd half	Dreams and Goals Spring 1 st half	Healthy Me Spring 2 nd half	Relationships Summer 1 st half	Changing Me Summer 2 nd half
Reception	<p>I can make friendships with other children</p> <p>I can talk about how I am feeling</p> <p>I can manage my own feelings and behaviour</p>	<p>I can talk about what I am good at</p> <p>I know that I am special and I am me</p> <p>I can tell you about my family and my home</p>	<p>I can tell how important it is to never give up.</p> <p>I can set goals for myself</p> <p>I can ask for help when I need it.</p>	<p>I can tell you how to keep healthy</p> <p>I know what effect exercise has on my body.</p> <p>I can tell you when I am hungry or tired</p>	<p>I know how to make friends and keep friends</p> <p>I know that my actions can affect others</p> <p>I can tell you what make a good friend</p>	<p>I can label different parts of my body.</p> <p>I can tell you how we grow up.</p> <p>I can talk about things that I am looking forward to and nervous about in Year 1</p>
Year 1	<p>I know that I belong to a class and that brings rights and responsibilities.</p> <p>I can recognise the choices I make and understand the consequences.</p>	<p>I can tell you some ways I am different from my friends.</p> <p>I understand these differences make us all special and unique.</p>	<p>I can tell you how I felt when I succeeded in a new challenge and how I celebrated it.</p> <p>I know how to store the feelings of success in my internal treasure chest</p>	<p>I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.</p> <p>I can recognise how being healthy helps me to feel happy.</p>	<p>I can tell you why I appreciate someone who is special to me</p> <p>And express how I feel about them.</p>	<p>I can identify the parts of the body that makes boys and girls different</p> <p>I can respect my body and understand which parts are private,</p>
Year 2	<p>I understand the rights and responsibilities for being a member of my class.</p>	<p>I can identify some ways in which my friend is different from me.</p>	<p>I can explain some of the ways I worked cooperatively in my group to create the end product.</p>	<p>I can make some healthy snacks and explain why they are good for my body.</p>	<p>I can identify some of the things that cause conflict between me and my friends.</p>	<p>I can recognise the physical differences between boys and girls and appreciate that some body parts are private,</p>

	I can listen to other people and contribute my own ideas about rewards and consequences.	I can tell you why I value this difference about him / her	I can express how it felt to be working as part of this group.	I can express how it feels to share healthy food with my friends	I can demonstrate how to use the positive problem technique to resolve conflicts with my friends.	I can tell you what I like / don't like about being a boy / girl.
Year 3	I recognise my worth and can identify positive things about myself and my achievements. I understand why rules are needed and they relate to rights and responsibilities	I can tell you about a time when my words affected someone's feelings and what the consequences were. I can give and receive compliments and know how this feels.	I can evaluate my own learning process and identify how it can be better next time. I am confident in sharing success with others and know how to store my feelings of success in my internal treasure chest.	I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including whom to go to for help. I can express how being anxious or scared feels.	I can explain how some of the actions and work of people around the world help and influence my life And can show an awareness of how this could affect my choices.	I can identify how boys and girls bodies change on the inside during the growing up process and can tell you why these changes are necessary. I recognise how I feel about these changes happening to me and how to cope with these feelings.
Year 4	I know how good it feels to be included in a group and understand how it feels to be excluded. I understand how rewards and consequences motivate people's behaviour	I can tell you a time when my first impression of someone changed as I got to know them. I can explain why it is good to accept people for who they are	I know how to make a new plan and set new goals even if I have been disappointed I know what it means to be resilient and to have a positive attitude	I can recognise when people are putting me under pressure and can explain ways to resist this when I want to. I can identify feelings of anxiety and fear associated with peer pressure.	I can explain different points of view on an animal rights issue and express my own opinion and feelings on this	I can identify what I am looking forward to when I am in Year 5 I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this.
Year 5	I understand my rights and responsibilities as a British citizen.	I can explain the differences between direct and	I can describe the dreams and goals of a young person	I can describe the different roles food can play in people's lives and can	I can explain how to stay safe when using technology to	I can describe how boys' and girls' bodies change during puberty

	I can make choices about my own behaviour because I understand how rewards and consequences feel.	indirect types of bullying. I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied	in a culture different from mine And can reflect on how these relate to my own	explain how people can develop eating problems (disorders) relating to body image pressures. I value and respect my body	communicate with my friends I can recognise and resist pressures to use technology in ways that may be risky or cause harm to myself or others	I can express how I feel about the changes that will happen to me during puberty
Year 6	I can identify my goals for this year, understand my fears and worries about the future and know how to express them. I understand my own wants and needs and can compare these with children in different communities.	I can explain ways in which difference can be a source of conflict or a cause for celebration and can show empathy with people in either situation	I can describe some ways in which I can work with other people to help make the world a better place I can identify why I am motivated to do this	I can evaluate when alcohol is being used responsibly, anti-socially or being misused I can tell you how I feel about using alcohol when I am older and reasons for this	I can recognise when people are trying to gain power or control I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born and I can recognise how I feel when I reflect on the development and birth of a baby.