



Life Skills

Anchorsholme Academy Life Skills Overview
2023-2024

EYFS	<ul style="list-style-type: none">• To use a knife and fork to eat.• To get dressed and undressed, including being able to fasten their own coats.• To keep themselves healthy.• To brush their teeth.• To take turns when playing.
KS1	<ul style="list-style-type: none">• To tie shoe laces.• To understand simple time management.• To be able to make a sandwich.• To wash the dishes.• To be able to appropriately interact with people.• To understand basic first aid.
Lower KS2	<ul style="list-style-type: none">• To be able to tie shoe laces.• To understand telephone numbers and how to use an address book.• To manage money, including making a budget.• To know how to sew.• To recognise and use household products.• To be able to sort laundry, including folding and hanging items.
KS2	<ul style="list-style-type: none">• To understand the importance of hygiene.• To be able to complete a food shop and prepare simple meals.• To be able to complete the laundry, including washing and ironing items.• To understand how to follow a bus/train timetable.• To be able to budget effectively.• To develop sportsmanship and teamwork.• To be able to communicate effectively.