









Life Skills Curriculum at The Mill Academy

<p>Nursery</p>	<p>Life Skill: To put my coat on and zip it up.</p> 	<p>Life Skill: To be able to take my shoes and socks off and put them back on.</p> 	<p>Life Skill: To pour a drink of milk or water in the self-serve snack area.</p> 	<p>Life Skill: To tidy up after myself when I have finished playing or have made a mess.</p> 	<p>Life Skill: To use good manners. To share and take turns.</p>  
<p>Reception</p>	<p>Life Skill: To get undressed and dressed in PE.</p> 	<p>Life Skill: To look after my belongings during the school day.</p> 	<p>Life Skill: To demonstrate good table manners and begin to use a knife and fork properly.</p> 	<p>Life Skill: To peel a piece of fruit in the self-serve snack area. To spread ingredients using a knife.</p> 	<p>Life Skill: To manage own basic hygiene and personal needs during the school day.</p> 

<p>Year 1</p>	<p>Life Skill: To make a simple sandwich.</p> 	<p>Life Skill: To use scissors safely and begin to cut different lines accurately.</p> 	<p>Life Skill: To practise tying shoelaces.</p> 
<p>Year 2</p>	<p>Life Skill: To chop and slice soft ingredients with adult supervision.</p> 	<p>Life Skill: To walk around the local area safely with adult support.</p> 	<p>Life Skill: To practise the running stitch.</p> 
<p>Year 3</p>	<p>Life Skill: To learn how to fold clothes.</p> 	<p>Life Skill: To post a letter.</p> 	<p>Life Skill: To practise some simple household chores so I can help at home.</p> 

<p>Year 4</p>	<p>Life Skill: To learn some basic sign language.</p> 	<p>Life Skill: To practise sewing, mending and stitching clothes.</p> 	<p>Life Skill: To follow a simple baking recipe and practise measuring out ingredients.</p> 
<p>Year 5</p>	<p>Life Skill: To be able to plan a route and catch a bus somewhere locally.</p> 	<p>Life Skill: To answer and make a telephone call – including how to make an emergency telephone call.</p> 	<p>Life Skill: To make a tepid hot drink and use a toaster.</p> 
<p>Year 6</p>	<p>Life Skill: To be able to plan a route and travel by train.</p> 	<p>Life Skill: To buy ingredients using money and cook a simple meal.</p> 	<p>Life Skill: To be able to tie a tie.</p> 