



LONGWOOD'S LIFE SKILLS PROGRAMME

Our Life Skills Challenge ensures that all pupils leave Longwood with the necessary independence, skills and understanding to move to secondary school with confidence.

Nursery 1. I can say please and thank you 2. I can tidy up my classroom 3. I can show I am sorry 4. I can share with others 5. I can wash my hands after I have been to the toilet 6. I can sit on the carpet 7. I can use the toilet independently 8. I can clean my teeth twice a day 9. I can describe how I am feeling 10. I can begin to hold a pencil	Reception 1. I can use a knife and fork 2. I can dress myself 3. I can help set the table 4. I can write my name 5. I can take care of a living thing 6. I can work in a team 7. I can clear my plate 8. I can name a range of fruits and vegetables 9. I can hold a pencil accurately 10. I can take part in daily exercise	Year 1 1. I can describe what makes a healthy meal 2. I can brush my hair 3. I know when my birthday is 4. I can pay someone a compliment 5. I have fire safety awareness 6. I can describe how someone else is feeling 7. I can make a phone call 8. I know when my birthday is 9. I know how to cross a road safely 10. I can practise reading everyday	Year 2 1. I can make a sandwich 2. I know my left and right 3. I know how to keep safe around strangers 4. I know my address 5. I know how to make an emergency phone call 6. I can point to where I live on a world map 7. I can dress appropriately for the weather 8. I can talk about different religions 9. I can use table manners 10. I can set myself a target
Year 3 1. I can measure using the appropriate equipment 2. I can tie my shoelace 3. I can give reasons for a vote 4. I can wrap a present 5. I can bring my homework in on time 6. I can check the weather forecast 7. I can carry out research using a search engine 8. I can teach something to someone else 9. I know how many days there are in each month of the year 10. I can use a dictionary	Year 4 1. I can read a map 2. I can calculate the change from £1.00, £5.00 and £10.00 3. I can give directions 4. I can write and post a letter 5. I can swim a length 6. I can follow a recipe 7. I can say hello, thank you and goodbye in three other languages 8. I can read a bus timetable 9. I can tell the time on an analogue and digital clock 10. I can play a tune on an instrument	Year 5 1. I can speak publicly 2. I can type 25 words a minute on a computer 3. I can send an email 4. I can take part in a democratic vote 5. I can fill in an application form 6. I can prepare for an interview 7. I can use a compass 8. I can order food at a restaurant 9. I can covert currency 10. I can raise money for a charity	Year 6 1. I can make a cup of tea 2. I can give a presentation 3. I can make and sell something 4. I have an awareness of basic first aid 5. I can ride a bike safely 6. I can find out about a range of careers 7. I understand how to get into higher education 8. I have an understanding of drug and alcohol misuse 9. I understand the changes that happen during puberty 10. I can tie a tie