



LTP 3 Year Rolling Programme -Life Skills- Robins

Year 1	Term 1	Term 2	Term 3
Focus	Selfcare and hygiene	Responsibility	Safety
Project	How do I look after my body?	How can I develop my personal responsibility?	How can I protect myself?
Skills & Knowledge	- Describe their daily bedtime routine; - Explain what happens if you do not exercise regularly. - explain that other people have rights for their own body; - list foods that are good to have once a week; - identify hazard signs that mean something is dangerous; - explain what germs are and why people need to keep clean.	- Understand that litter should go in the bin - Spot litter in your local school community - What effect can litter have in the environment? - Understand that we can reduce litter by recycling materials. - Approach questions like: -Where can we reduce materials locally? -What materials can be recycled? -Can you promote recycling?	- To know my home address - To be able to identify what an emergency is - Know how to dial 999 if there is an emergency - To be able to call me parents' /carers' mobile number
Year 2	Term 1	Term 2	Term 3
Focus	Health and well being	Cooking and nutrition	Relationships
Project	It's my body	What type of food is healthy for my body?	Who is special to me?
Skills & Knowledge	- Describe their daily bedtime routine; - explain what happens if you don't exercise regularly; - explain that other people have rights for their own body - list foods that are good to have once a week; - identify hazard signs that mean something is dangerous; - explain what germs are and why people need to keep clean.	- Eat a food I have not tried before - Distinguish healthy from unhealthy food - Making good healthy choices - Prepare a healthy snack/drink - Understand why people should eat healthy foods	- Recognise people who are special to me - Describe feelings for the people who special to me - explain why a family network is important; - know what makes someone a good friend and demonstrate these qualities; - put positive resolution techniques into practice - cooperate with others to complete a task; - identify several ways to show others they care and understand the importance of doing this.
Year 3	Term 1	Term 2	Term 3
Focus	Health and wellbeing	Living in the wider world (1)	Living in the wider world (2)
Project	Safety first	Energy matters	Money matters
Skills & Knowledge	- Identify some everyday dangers; - Understand basic rules that help keep people safe; - Know what to do if they feel in danger; - Identify some dangers in the home; - Identify some dangers outside; - Know that their private body parts are private; - Recall the number to call in an emergency; - List some people who can help them stay safe.	- Explain ways we can save energy. - Identify everyday appliances that require the use of energy - Identify why energy is important in our lives - Understand what we need to do to keep our bodies warm - Know that recycling helps to save energy - Identify everyday items that can be recycled	- Understand why we need money to do certain things e.g. go shopping etc - Understand why is important to keep our money safe - Learn how to make a shopping list of 5 to10 items I need to buy and know how much money I can spend.