

Year group	Autumn		Spring	Summer	
	1- Self-care skills	2- School skills	First aid	1-Looking after yourself	2-Knowing your information
Nursery	Putting coat on, zip it up. Teeth	Finding your peg and hanging your bag and coat on it.	washing hands with warm water and soap	Go to the toilet independently.	Recognise your name
Reception	Shoes on the right foot Teeth	Cutting with scissors	How to wash	Use a knife and fork	Know your surname
Year 1	Turning clothes the right way around	Fold paper in half	What to do when you are cut	Put sun cream on yourself	Know your date of birth
Year 2	Doing up buttons	Use a ruler to draw a straight line	What to do when you are stung	Revisit teeth	Spell full name
Year 3	Shoe laces	Organising on a peg	What to do if you get burnt 999 call	Pack your own bag	Know their address and postcode
Year 4	Folding your clothes	Use a hole punch	Recovery position 999 call	Make a cup of squash (not strong)	Know an important telephone number
Year 5	Personal hygiene -nail scrubbing -brush hair	Use a compass	How to help someone who is choking 999 call	Make a cup of tea	Whole name including middle name
Year 6	Do a tie (repeated at the end of the year)	Use your school diary to organise yourself	How to use a sling 999 call	Keeping personal items safe	Know how to fill in all of the information on a personal information form (nationality and religion)