

Life Skills Yearly Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Ourselves	Organisation	Keeping healthy	Local community	Technology	Caring for our planet
Week 1	Self-awareness	Staying safe outside home	Personal hygiene	Navigation	Using technology	Plants
Week 2	Friendships	Planning	Keeping healthy	Using public transport	Internet safety	Reduce
Week 3	Carers	Behaving appropriately in public (Trip)	Getting dressed	Staying safe outside home	Internet safety	Reuse
Week 4	Routines, rules and expectations	Communication	Healthy cooking (Cooking)	Road safety	Communication	Recycle
Week 5	Similarities and differences (Cooking)	Leisure	Cleaning	Shopping (Trip)	Communication	Litter picking (Trip)
Week 6	Achievements and goals	Time management	Staying safe at home	People who help us	Using technology (Cooking)	Food waste/ Composting
Week 7	Time for Consolidation					