

LIFE SKILLS

CHALLENGES



Name: _____

Early Years - Nursery

I can recognise my name.

I can put my coat on.

I can hang up my bag and coat.

I can leave my parent/carer with confidence.

I can drink from an open cup.

I can say what I want.

I can use the toilet on my own.

I can use climbing equipment confidently.

I can share a book with my friend.

I can say please and thank you.



Early Years – Reception

I can dress myself.

I can look after myself.

I can use cutlery to eat.



I can show I am sorry.

I can write my name.

I can name healthy foods.

I am beginning to resolve conflicts I have with my peers.

Year 1

I can use a knife and fork to cut up food.



I can brush my hair.

I know when my birthday is.



I can work in a team.



I can describe what makes a healthy meal.

I have fire safety awareness.



I know how to cross a road safely.

I can describe how someone else feels.

I can resolve conflicts I have with my peers.



I can log on to the computer.

Year 2

I know my left and right.



I know my address.

I know how to make an emergency phone call.



I can point to where I live on a world

map.



I can pay someone a
compliment.

I can use dining etiquette.

I can set myself a target.

I know what to do if I am
lost.



I can resolve conflicts I have with my
peers.

Year 3

I can tie shoelaces.



I can wrap a present.

I can check the weather forecast.



I know how many days there are in each month of the year.



I can carry out research using a search engine.

I can teach something to someone else.

I can make a sandwich.



I can apply a plaster.

I can change my bed sheets.

Year 4

I can read and follow a map.



I can calculate the change from
£1.00, £5.00 and £10.00.



I can give directions.

I can write and post a letter.

I can read a bus timetable.



I can tell the time on an
analogue and digital clock.

I can follow a simple recipe.



I can ride a bike.

I can resolve conflict I have
with my peers.



Year 5

I can send an email.



I know how to keep safe and act
appropriately online.



I can fill in an application form.

I can prepare for an interview.



I can use a compass.

I can make a cup of tea.

I can give a presentation to an

audience.

I can swim a length.



Year 6

I can prepare and cook a simple hot meal.



I can take part in a debate.

I have an awareness of first aid.



I can find out about a range of careers.

I have an understanding of drug and alcohol misuse.



I can tie a tie.



I can read a timetable and follow a schedule.

I know how to manage money/plan a budget.



I can manage my own time and meet deadlines.

I can resolve conflict I have with my peers.