

Primary 1:	Primary 2:	Junior:
<p>Self-Care:</p> <ul style="list-style-type: none"> • Learning to dress and undress independently. • Managing personal hygiene, such as washing hands and brushing teeth. • Using the toilet independently. <p>Communication:</p> <ul style="list-style-type: none"> • Developing speaking and listening skills. • Expressing needs, feelings, and thoughts clearly. • Understanding and following simple instructions. <p>Social Interaction:</p> <ul style="list-style-type: none"> • Playing cooperatively with others. • Taking turns and sharing. • Building relationships with peers and adults. <p>Emotional Regulation:</p> <ul style="list-style-type: none"> • Identifying and expressing emotions. • Developing strategies to cope with frustration and disappointment. • Learning to manage impulses. <p>Fine Motor Skills:</p> <ul style="list-style-type: none"> • Using tools like scissors, crayons, and paintbrushes. • Developing hand-eye coordination through activities like threading beads and building with blocks. • Practicing precise movements for tasks such as buttoning clothes or using cutlery. <p>Gross Motor Skills:</p> <ul style="list-style-type: none"> • Developing coordination and control through activities like running, jumping, and climbing. • Participating in physical play that involves balance and spatial awareness. 	<p>Personal Hygiene:</p> <ul style="list-style-type: none"> • Reinforcing routines for personal hygiene, such as washing hands thoroughly and regularly. • Understanding the importance of dental hygiene and brushing teeth twice a day. <p>Self-Care:</p> <ul style="list-style-type: none"> • Dressing and undressing independently, including managing fastenings such as zips and buttons. • Recognizing when to seek help from an adult. <p>Communication:</p> <ul style="list-style-type: none"> • Using full sentences to express thoughts, needs, and feelings. • Listening attentively and responding appropriately in conversations. • Asking questions to gain information or clarification. <p>Social Interaction:</p> <ul style="list-style-type: none"> • Building and maintaining friendships. • Understanding and following classroom and playground rules. • Demonstrating cooperative behaviours such as sharing, taking turns, and helping others. <p>Emotional Regulation:</p> <ul style="list-style-type: none"> • Identifying and naming a range of emotions. • Developing simple strategies for managing emotions, such ZOR • Recognizing the impact of their behaviour on others. <p>Fine Motor Skills:</p> <ul style="list-style-type: none"> • Using a pencil/pen with control to write legibly. • Cutting shapes accurately with scissors. 	<p>Personal Hygiene:</p> <ul style="list-style-type: none"> • Maintaining consistent personal hygiene routines independently, such as washing hands, brushing teeth, and grooming. • Understanding the importance of personal cleanliness and its impact on health. <p>Self-Care:</p> <ul style="list-style-type: none"> • Dressing and undressing without assistance, including managing more complex fastenings like shoelaces and buckles. • Preparing simple snacks and meals with minimal help. <p>Communication:</p> <ul style="list-style-type: none"> • Engaging in more complex conversations, expressing ideas clearly and confidently. • Listening actively and responding thoughtfully in discussions. • Writing short stories, letters, or notes with proper structure and punctuation. <p>Social Interaction:</p> <ul style="list-style-type: none"> • Building stronger friendships through empathy and cooperative play. • Understanding and respecting the perspectives and feelings of others. • Demonstrating conflict resolution skills and strategies. <p>Emotional Regulation:</p> <ul style="list-style-type: none"> • Identifying and expressing a wider range of emotions appropriately. • Using advanced strategies for managing emotions, such as mindfulness or talking about feelings. • Recognizing and coping with stress and frustration.

<ul style="list-style-type: none"> Engaging in activities that build strength and flexibility. <p>Safety Awareness:</p> <ul style="list-style-type: none"> Understanding basic safety rules, such as not talking to strangers and staying away from hot surfaces. Recognizing safe and unsafe situations. Following guidelines for safe behaviour at home and school. <p>Healthy Living:</p> <ul style="list-style-type: none"> Understanding the importance of a healthy diet. Participating in physical activities. Learning about the importance of sleep and rest. <p>Independence:</p> <ul style="list-style-type: none"> Developing confidence to try new things and take on challenges. Making choices and decisions in daily activities. Developing a sense of responsibility for personal belongings and tasks. <p>Home Management:</p> <ul style="list-style-type: none"> Making simple cold drinks Using a knife and fork <p>Careers:</p> <ul style="list-style-type: none"> Exploring uniforms and equipment used in certain job roles Exploring job roles through imaginative play Able to make connections between images/videos and job roles with adult support 	<ul style="list-style-type: none"> Manipulating small objects with dexterity. <p>Gross Motor Skills:</p> <ul style="list-style-type: none"> Developing coordination through activities such as running, hopping and skipping. Participating in organized physical activities and games. Developing spatial awareness and balance. <p>Safety Awareness:</p> <ul style="list-style-type: none"> Understanding basic safety rules at home, school and in the community. Recognizing the importance of staying safe online and knowing simple online safety rules. Identifying safe and unsafe behaviours and situations. <p>Healthy Living:</p> <ul style="list-style-type: none"> Recognizing healthy and unhealthy foods. Understanding the importance of regular physical activity. Developing routines for adequate sleep and rest. <p>Independence and Responsibility:</p> <ul style="list-style-type: none"> Taking responsibility for personal belongings and classroom tasks. Making simple decisions and choices independently. Developing a sense of accountability for their actions and understanding consequences. <p>Money:</p> <ul style="list-style-type: none"> Identifying all the different coins. Knowing which coin or note is worth the most. Understanding of realistic prices for everyday items. <p>Home Management:</p> <ul style="list-style-type: none"> Washing and drying pots Using a toaster and kettle safely <p>Careers:</p> <ul style="list-style-type: none"> Able to identify a range of job roles 	<p>Problem-Solving:</p> <ul style="list-style-type: none"> Applying problem-solving skills to more complex tasks and challenges. Working collaboratively on projects and group activities. Thinking creatively and critically to find solutions. <p>Fine Motor Skills:</p> <ul style="list-style-type: none"> Improving handwriting skills and developing cursive writing. Completing intricate tasks, such as model building or detailed drawing. Enhancing dexterity through activities like sewing or using tools. <p>Gross Motor Skills:</p> <ul style="list-style-type: none"> Participating in team sports and understanding basic rules of games. Developing coordination and strength through activities like climbing, dancing, or swimming. Practicing safe movements and understanding personal space. <p>Safety Awareness:</p> <ul style="list-style-type: none"> Recognizing more complex safety rules and applying them in different contexts (e.g., road safety, stranger danger). Understanding the basics of internet safety and responsible use of technology. Identifying emergency situations and knowing how to seek help. <p>Healthy Living:</p> <ul style="list-style-type: none"> Making healthier food choices and understanding the food pyramid. Recognizing the importance of regular exercise and its benefits. Developing habits for mental well-being, such as relaxation techniques.
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	<ul style="list-style-type: none">• Exploring ideas for future jobs• Able to identify their dream job• Able to discuss some advantages and disadvantages of having a job	<p>Independence and Responsibility:</p> <ul style="list-style-type: none">• Taking on more responsibilities at home and school, such as helping with chores or classroom duties.• Making informed decisions and understanding the consequences of actions.• Developing a sense of accountability and reliability. <p>Money:</p> <ul style="list-style-type: none">• Preparing correct amounts of money for an item.• Understanding where money comes from and what it is for. <p>Home Management:</p> <ul style="list-style-type: none">• Understanding a balanced diet.• Placing dirty clothes in laundry basket.• Make simple meals and snacks. <p>Careers:</p> <ul style="list-style-type: none">• Able to discuss some advantages and disadvantages of certain job roles• Able to link specific skills to suitable job roles• Able to discuss businesses/organisations and identify the services they provides
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Key Stage 3:

Personal Hygiene:

- Maintaining consistent personal hygiene routines with minimal reminders.
- Understanding the impact of hygiene on overall health and well-being.

Self-Care:

- Dressing and undressing independently, managing more complex clothing items like buttons, zippers, and laces.
- Preparing simple meals and snacks safely, including using basic kitchen tools.

Communication:

- Engaging in detailed conversations, clearly expressing thoughts and ideas.
- Developing active listening skills and responding appropriately in conversations.

Social Interaction:

- Building and maintaining friendships through empathy and effective communication.
- Demonstrating cooperative behaviour in group activities and resolving conflicts amicably.
- Showing respect and understanding for others' perspectives and feelings.

Emotional Regulation:

- Identifying and managing a range of emotions using appropriate strategies.
- Developing resilience and coping mechanisms for dealing with stress and setbacks.
- Expressing feelings constructively and seeking help when needed.

Fine Motor Skills:

- Improving handwriting and typing skills, focusing on accuracy and speed.
- Completing detailed tasks like model building, crafting, or using tools with precision.
- Enhancing coordination through activities like sewing, drawing, or playing musical instruments.

Gross Motor Skills:

- Participating in team sports, understanding rules, and demonstrating good sportsmanship.
- Developing coordination, strength, and flexibility through activities like swimming, dancing, or gymnastics.
- Practicing safe and controlled movements in various physical activities.

Key Stage 4:

Personal Hygiene:

- Maintaining personal hygiene with greater independence, including understanding puberty-related changes.
- Recognizing the importance of dental care and routine health check-ups.

Self-Care:

- Managing personal grooming tasks independently, such as hair care and choosing appropriate clothing for different occasions.
- Preparing more complex meals, understanding basic nutrition and food safety.

Effective Communication:

- Expressing thoughts, ideas, and opinions clearly and confidently in both oral and written forms.
- Using advanced vocabulary and grammar in writing, including constructing essays and reports.
- Developing persuasive speaking skills and participating in debates.

Social Interaction and Teamwork:

- Building and maintaining positive relationships through empathy, active listening, and effective communication.
- Demonstrating leadership skills in group activities and projects.
- Resolving conflicts respectfully and understanding different perspectives.

Emotional Regulation:

- Identifying complex emotions and using appropriate strategies to manage them.
- Developing resilience, coping with stress, and practicing mindfulness.
- Seeking support from trusted adults when dealing with emotional challenges.

Fine Motor Skills:

- Improving handwriting and typing speed and accuracy.
- Completing intricate tasks such as sewing, model building, and crafting.
- Enhancing precision and coordination through activities like playing musical instruments or using tools.

Gross Motor Skills:

- Participating in a variety of physical activities and sports, understanding and following rules, and demonstrating good sportsmanship.
- Developing strength, coordination, and flexibility through regular exercise and fitness routines.
- Practicing safe and controlled movements in various physical contexts.

Safety Awareness:

- Understanding and following safety rules in different environments (e.g., home, school, online).
- Recognizing potential hazards and knowing how to respond to emergencies.
- Practicing internet safety, understanding the importance of privacy, and using technology responsibly.

Healthy Living:

- Making informed food choices, understanding nutrition, and the importance of a balanced diet.
- Recognizing the benefits of regular exercise and incorporating physical activity into daily routines.
- Developing habits for mental well-being, such as mindfulness and relaxation techniques.

Independence and Responsibility:

- Taking on more responsibilities at home and school, such as helping with chores or managing schoolwork.
- Making informed decisions, understanding consequences, and taking accountability for actions.
- Demonstrating reliability and self-discipline in completing tasks and meeting obligations.

Money:

- Understanding about some of the ways people pay for things - cash, card, cheque, direct debit etc.
- Understanding as to how wages/salary differ dependant on job role, experience and responsibilities.
- Understanding and using key financial terminology e.g. income, outgoing, expenditure, profit, loss etc.

Home Management:

- Able to use an oven safely.
- Able to use a washing machine.
- Able to make beds.

Careers:

- Able to discuss realistic jobs and identify why others may be considered unrealistic.
- Making links between jobs and their specific skill requirements.
- Understanding the benefits and advantages of doing different jobs.

Safety and Risk Awareness:

- Understanding and following safety protocols in different environments, including online safety.
- Recognizing potential hazards and knowing how to respond to emergencies.
- Practicing responsible use of technology and understanding the importance of digital citizenship.

Healthy Lifestyle Choices:

- Making informed decisions about diet, exercise, and mental health.
- Understanding the long-term benefits of a balanced diet, regular physical activity, and good sleep habits.
- Practicing self-care and stress management techniques.

Independence and Responsibility:

- Taking on increased responsibilities at home and school
- Demonstrating accountability, reliability, and self-discipline in completing tasks and meeting commitments.
- Making informed decisions, understanding the consequences, and reflecting on actions.

Money:

- Knowing the minimum wage.
- Knowing what a pay slip looks like and understand the different information on it.
- Knowing how much it would cost for running a home.

Home Management:

- Able to keep a room tidy
- Recognising and using a variety of kitchen appliances
- Understanding and using sell by dates

Careers:

- Taking part in activities which develop enterprise skills.
- Knowing about a wide range of job roles and careers pathways - including own early aspirations.
- Identifying key attributes and skills that will enhance employability.

Key Stage 5:

Personal Hygiene and Self-Care:

- Maintaining personal hygiene, understanding the physical changes during adolescence, and managing them effectively.
- Developing routines for skincare, dental care, and overall health.

Nutrition and Cooking:

- Understanding the principles of a balanced diet and making healthy food choices.
- Planning and preparing simple meals, following recipes, and practicing food safety.

Time Management and Organization:

- Prioritizing tasks, setting goals, and creating schedules to manage schoolwork and extracurricular activities.
- Using planners or digital tools to stay organized and meet deadlines.

Emotional Intelligence and Mental Health:

- Recognizing and managing emotions, developing coping strategies, and seeking support when needed.
- Practicing mindfulness and stress management techniques.

Communication Skills:

- Communicating effectively in different contexts, including formal presentations, group discussions, and written reports.
- Developing active listening skills and constructive feedback abilities.

Digital Literacy and Online Safety:

- Using digital tools responsibly for research, communication, and creativity.
- Understanding online safety, privacy settings, and the importance of a positive digital footprint.

Money:

- Understanding basic financial concepts such as budgeting, saving, and spending.
- Managing a simple budget and making informed financial decisions.
- Understanding why we have to pay tax, national insurance and make pension contributions.

Health and Wellbeing:

- Understanding the importance of physical activity and maintaining a regular exercise routine.
- Recognizing the connection between physical health and mental wellbeing.

Social and Relationship Skills:

- Building and maintaining healthy relationships, understanding consent, and practicing empathy.
- Navigating peer pressure and developing assertiveness.

Environmental Responsibility:

- Understanding environmental issues and the impact of personal choices on the planet.
- Practicing sustainability, such as recycling, conserving energy and reducing waste.

Home Management:

- Knowing how to change a lightbulb.
- Knowing how to read gas and electric meters.
- Knowing how to test a fire alarm.
- Knowing the costs associated with running a home.

Careers:

- Exploring different career options and understanding the pathways to achieve career goals.
- Developing skills such as CV writing, interview techniques, and work experience planning.
- Identifying the attributes of a good and bad employee/employer.