



Oyster Park Primary Academy
Personal Development
Skills for Life Curriculum

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	I can make a new friend.	I can take part in my Nativity.	I can use manners such as please and thank you.	I can put on my own coat and fasten my zip.	I can wash my hands independently and know when I should wash my hands.	I can bake with the help of an adult.
Reception	I can learn my new routine at full time school.	I can take off and put on my jumper or cardigan independently.	I can use a knife and fork to try and cut my food.	I can explain what to do if I lose my grown up when in the community.	I can tie my own shoelaces.	I can brush my teeth independently.
Year 1	I can tell a friend when my birthday is.	I can create and prepare a fruit smoothie.	I can follow the rules of a game.	I can visit a museum.	I can explain what to do in an emergency.	I can take a photo using a camera.
Year 2	I can tell a trusted adult my address.	I can eat something I have made.	I can visit and pick a book from the local library.	I can identify the value of coins and notes.	I can work effectively as part of a team.	I can visit a wildlife park and explain how to care for animals.
Year 3	I can learn to play an instrument.	I can learn how to sew.	I can make a simple breakfast.	I can tell the time on an analogue and digital clock.	I can create a healthy meal plan.	I can make an eco-friendly pledge.
Year 4	I can learn key words in a new language.	I can safely cross a road.	I can learn how to swim.	I can select the correct money to pay for an item.	I can set a table for a meal.	I can measure ingredients to bake biscuits.
Year 5	I can read a story to a younger child.	I can explain the potential hazards of fire and discuss how to keep myself and others safe.	I can explain how to keep safe online.	I can follow a recipe.	I can read a map.	I can perform basic first aid.
Year 6	I can take on a school responsibility.	I can visit the cenotaph and take part in a remembrance event.	I can calculate a budget for a meal.	I can demonstrate a growth mindset.	I know an emergency contact number for a grown up.	I can perform in a leavers production.



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30 Things To Do Before I leave Oyster Park....

Represent school in a sporting event.	Perform in a school play.	Learn to play an instrument.	Go on a walk of the local area.	Paint a self-portrait.	Visit a place of worship.
Learn a poem off by heart.	Eat something you have never tried before.	Vote in a school election.	Help a plant to grow.	Do something to help to protect the environment.	Take part in a debate.
Use a compass to find your way.	Visit a Museum.	Raise money for charity.	Help our local community.	Enter a competition.	Have a school responsibility.
Collect items for the food bank.	Learn sign language.	Raise a chick from an egg.	Help a younger child.	Share a hobby/ interest with your class.	Dress up as a book character.
Learn to swim.	Learn a new sport.	Join a club.	Meet a children's author.	Visit the seaside	Visit the library.