

Ironville and Codnor Park Primary School



100 Life Skills

At Ironville and Codnor Park Primary School we aim to meet the needs of **ALL** our children in our unique setting and with our unique challenges. Enhancing our current enrichment curriculum provision, we believe that additional life skills have a vital role.

Life skills are essential because they equip children with the abilities to navigate daily challenges, build healthy relationships, make informed decisions, manage stress, and adapt to changing situations, ultimately contributing to personal success and well-being in both professional and personal life. Regardless of academic qualifications or specific job roles, essentially, they are the tools needed to thrive in a complex world.

Key reasons why life skills are important for **life readiness**:

Personal Development: Life skills such as communication, critical thinking, and problem-solving enhance self-awareness, confidence, motivation and resilience, allowing individuals to manage their emotions and overcome obstacles effectively, ultimately developing independence.

Social Interaction: Skills such as teamwork, leadership, empathy, and active listening facilitate positive relationships with others, improving oracy, leading to better collaborations and personal connections.

Career Success: Employers increasingly value soft skills such as adaptability, initiative, and time management alongside technical expertise, making life skills critical for career advancement.

Decision Making: By developing critical thinking and analysis skills, individuals can make confident, creative and informed choices based on evaluating options and potential consequences, including being financially aware.






Mental Health: Effective stress management techniques and emotional regulation abilities fostered by life skills contribute to improved mental well-being, increased self-esteem and positivity.

Wrens

Within the Wrens curriculum

Bold - Resilience

14 Life Skills






	I can statement	Achieved	Mastered
Personal Development 	I can dress myself for all seasons.		
	I can wash my hands and face after eating.		
	I can set the table and use a knife, fork and spoon correctly.		
	I have good table manners.		
	I can brush my teeth.		
	I can blow my nose with a tissue.		
	I can use a toaster.		
	I can use a spade, rake, outside brush and trowel.		
Social Interaction 	I know who my trusted adults are in school.		
	I can say please and thank you.		
Career Success 	I can name three different jobs.		
Decision Making 	I can make choices.		
	I know how to be safe near a road and only cross a road with an adult.		
Mental Health 	I know how I am feeling and how other people feel.		

Robins

Within the Robins curriculum

Bold - Resilience

13 Life Skills






	I can statement	Achieved	Mastered
Personal Development 	I can thread a needle.		
	I know what to put in a healthy lunchbox.		
	I can peg washing on a washing line.		
	I can tell someone in school my home address.		
	I can use polish and a duster to clean items in school.		
Social Interaction 	I can share (communicate) an opinion (in a debate/talk partners).		
	I can go to another class and ask for an item or ask the adult a question.		
	I know simple greetings and manners using British Sign Language.		
Career Success 	I can take on a responsibility within the classroom.		
Decision Making 	I can pack my own school bag.		
	I can decide what to spend my platinum points on or choose to save them.		
	I know who to speak to and where to go when I feel unsafe inside and outside of school.		
Mental Health 	I can say what makes a good friend.		

Kingfishers

Within the Kingfishers curriculum

Bold - Resilience

17 Life Skills





	I can statement	Achieved	Mastered
Personal Development 	I can tell the time for my age group.		
	I can clean a floor using the correct equipment.		
	I can fold my school uniform.		
	I can tie my shoelaces.		
	I know my parents/carers phone number.		
	I can wrap a box with wrapping paper.		
Social Interaction 	I can play using alternatives to electronic devices.		
	I can cooperate and be helpful to others in a team.		
	I can say no politely.		
Career Success 	I know basic keyboard skills.		
	I know how much basic food items cost.		
Decision Making 	I know how to pay with money, where to keep money, how to keep it safe and know the difference between a need and want.		
	I can pack a bag for Year Three residential.		
	I can cross a road safely.		
	I know about sustainability.		
Mental Health 	I know the number for Childline and other emotional support services.		
	I can make a positive statement about somebody or something.		



Kestrels

Within the Kestrels curriculum

Bold - Resilience

22 Life Skills

	I can statement	Achieved	Mastered
Personal Development 	I can make a bed.		
	I can cook safely, wash and dry pots.		
	I can wash and rinse my hair using shampoo.		
	I can read a food label and know the difference between 'use by' and 'best before'.		
	I can change batteries and know which battery to use.		
	I can turn on a hob and know how to stay safe using an oven.		
	I know how to take care of plants, animals and people.		
	I can make a hot drink.		
I can use a tin opener and a ring pull.			
Social Interaction 	I can be a content creator using age-appropriate apps.		
Career Success 	I can tie a tie.		
	I can understand a simple budget and know that outgoings shouldn't be more than incomings.		
	I know which subjects are needed for future careers.		
Decision Making 	I can read a calendar.		
	I know three ways to stay safe around water.		
	I can identify authentic websites to purchase an item and recognise scams.		
	I can make an informed choice when voting.		

Decision Making 	I can identify hazards in a room.		
	I can get equipment ready for lesson.		
Mental Health 	I know how to manage my emotions.		
	I can name groups that I belong to.		
	I can ask for help to understand feelings.		

Eagles

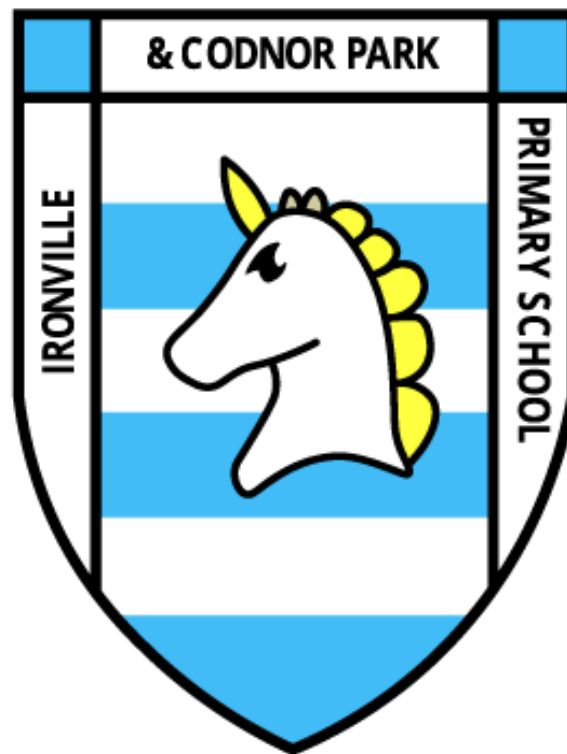
Within the Eagles curriculum

Bold - Resilience

34 Life Skills

	I can statement	Achieved	Mastered
Personal Development 	I can swim 25 metres unaided.		
	I know to stay safe on the pavement or road.		
	I am aware about my own personal hygiene.		
	I can read clothes labels and put them into piles for washing.		
	I can change a duvet cover, pillowcase and a fitted sheet.		
	I can put up an ironing board and iron a pillowcase.		
	I can change a fuse in a plug.		
	I can set an alarm.		
	I know basic fire safety.		
	I know how to polish shoes in the correct sequence.		
	I can do basic first aid and know how to make an emergency phone call.		
	I know basic food hygiene and know how to prepare for cooking.		
I can use a range of woodwork tools.			
I can share a talent.			
Social Interaction 	I can respect opinions of others and share my opinions.		
	I can make and receive phone calls politely.		
	I can work with my class to support a local charity.		
	I can present to an unfamiliar audience.		
	I can stay safe online.		

Social Interaction 	I can meet and greet visitors.		
	I can understand different people's needs and disabilities.		
	I know that roles within a team can change, and I can work within a group.		
Career Success 	I can fill in an application form.		
	I can set SMART targets.		
	I know the difference between debit/credit card /accounts.		
	I know how to use cards/cash points.		
	I can make a list of essentials that I need to buy.		
	I can take on a school/community responsibility.		
Decision Making 	I can read a bus route and plan when to catch a bus.		
	I can plan a route using a map to travel to secondary school.		
	I can use Google maps/What3words/ask for directions.		
	I can use a key to lock a door.		
	I know how to invest money.		
Mental Health 	I know the benefits of exercise/sleep/fresh air/laughter/healthy diet.		



Well done!
You have completed the
100 life skills on

Signed: _____

Believe

Achieve

Succeed