



Progression of Independent Life Skills

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Help to put toys away	Brush teeth and hair	Make a sandwich	Pack a lunch box	Read a recipe	Take out the bins	Plan and prepare a meal	Clean an area of the house
Put clothes in a laundry basket	Choose clothes to wear	Set the table with help	Bake a cake	Help make a shopping list and help to purchase them	Load and empty the dishwasher	Making a cup of tea or coffee	Cook a meal
Put clothes on with help	Pour a drink	Scrape plates after eating	Help to make the bed	Fold clothes	Learn to peel vegetables	Know how to tie a tie independently	Learn how to get the bus
Help brush teeth	Learn to swim	Dress themselves independently	Wash dishes with supervision	Clear the table after dinner	Know your address and telephone number	Use basic first aid	Do the laundry
Independently going to the toilet	Wash hands	Caring for a pet	Tying shoe laces	Answer the phone	Purchase basic items at a shop, sticking to a budget	Pack own bags for school, have a set routine for remembering when to bring PE kit, homework etc	Reading a sibling a bedtime story
	Put coat on by themselves	Can use scissors safely and with control	Know how to call emergency services	Cross the road safely	Pack school equipment independently	Have routines for personal hygiene	Be responsible for own things, stationery, homework, books, PE kit, consent forms
	Beginning to dress themselves independently, (coat, buttons and zips)	Help with gardening	Water plants	Using the shower / bath independently	Begin to set alarm clocks to wake themselves up at the right time	Be able to tell the time, read a timetable for a bus and a train	Be able to make own breakfast, consider healthy options
				Make their bed independently	Hold a knife and fork correctly	Use all cutlery correctly	Set alarm clocks to wake themselves up at the right time
				Use a toaster	Help to Hoover	Use oven controls safely	Keep a diary or list of things to do, important dates to remember
							Use all cutlery correctly