

Life Skills Progression

Independent Living in the Home	Health and Wellbeing	Employment and the wider world
Dressing / undressing Prepare / cook / reheat food Set table Wash dishes Take bins out Clean down areas after use Vacuum / sweep / dust / mop Use a phone – landline and mobile Pour liquids Make a bed Use a washing machine Folding / hanging clothes	Toileting Hand washing Brushing hair Brush teeth Wash face Choose healthy food / snacks Road safety Feeding Body awareness Stranger danger	Time Money Shopping Order food in a restaurant / café Use a computer Read street signs Read a map Read a timetable Travel on public transport Using a cash machine Debit/Credit cards Budgeting

Independent Living in the Home		
Foundation Stage	Intermediate Stage	Higher Stage
Undressing	Fastenings	Presentation / Dressing
FS 1.01 Shoes off	IS 1.01 Zip closed – range of contexts	HS 1.01 Clothing that fits, clean and appropriate
FS 1.02 Socks off	IS 1.02 Zip open ended – range of contexts	HS 1.02 Hanging clothes up
FS 1.03 Trousers off	IS 1.03 Velcro – range of contexts	HS 1.03 Folding clothes
FS 1.04 Coat off	IS 1.04 Buckle	HS 1.04 Select clothing for the weather
FS 1.05 Top off	IS 1.05 Shoe laces	HS 1.05 Select clothing for an event
FS 1.06 Dress off	IS 1.06 Hook and eye – trousers	HS 1.06 Clean shoes
Dressing	IS 1.07 Bags and belts	HS 1.07 Hair styling
FS 1.08 Identify own coat	IS 1.08 Clasp (purse)	Self help skills
FS 1.09 Socks on	IS 1.09 Put watch on / off	HS 2.01 Opening doors using keys and cards
FS 1.10 Shoes on – correct feet	IS 1.10 Locker	HS 2.02 Smoke alarm
FS 1.11 Trousers on	IS 1.11 Bolt	HS 2.03 Door chain
FS 1.12 Coat on	IS 1.12 Door chain	HS 2.04 Use of intercom

FS 1.13 Top on	IS 1.13 Key in lock	HS 2.05 Leaving an answer phone message
FS 1.14 Dress on	IS 1.14 Plug in and out of socket	HS 2.06 Change light bulb
FS 1.15 Clothing on right way up, right way round	IS 1.15 Turning taps on and off	HS 2.07 Using a screwdriver
Fastenings	Food preparation	HS 2.08 Change batteries
FS 2.01 Poppers	IS 2.01 Understand dangers of electricity	HS 2.09 Using a remote control for different appliances
FS 2.02 Buttons	IS 2.02 Understand dangers of heat	House work
FS 2.03 Velcro	IS 2.03 Understand dangers of water	HS 3.01 Use of vacuum cleaner
FS 2.04 Zip closed	IS 2.04 Use of liquid level indicators	HS 3.02 Dusting
FS 2.05 Zip open ended	IS 2.05 Pouring hot liquids	HS 3.03 Mopping
Food preparation	IS 2.06 Assembly of equipment	HS 3.04 Sweeping
FS 3.01 Handwashing before starting	IS 2.07 Spoon from narrower neck jar	Laundry skills
FS 3.02 Pouring cold liquids	IS 2.08 Measuring using scales	HS 4.01 Recognise when clothes need washing
FS 3.03 Preparation on to tray / board	IS 2.09 Measuring using measuring spoons	HS 4.02 Sort clothes – light and dark
FS 3.04 Spoon from one vessel to another	IS 2.10 Use a knife to slice / chop	HS 4.03 Sort clothes – delicates
FS 3.05 Measuring using spoons	IS 2.11 Grating	HS 4.04 Recognise washing instructions
FS 3.06 Measuring using cups	IS 2.12 Peeling	HS 4.05 Identify materials and likely wash requirements
FS 3.07 Use a knife to spread	IS 2.13 Open crisp packet	HS 4.06 Check pockets
FS 3.08 Use a knife to cut	IS 2.14 Open drinks bottle	HS 4.07 Load washer appropriately
FS 3.09 Wash / scrub veg	IS 2.15 Open jars	HS 4.08 Set programme
Chores	IS 2.16 Open tins	HS 4.09 Use appropriate products
FS 4.01 Tidy own things	IS 2.17 Open cereal packets	HS 4.10 Dealing with stains
FS 4.02 Set the table	IS 2.18 Safe use of kettle	HS 4.11 Drying options
	IS 2.19 Safe use of toaster	HS 4.12 Ironing
	IS 2.20 Safe use of microwave	HS 4.13 Visit laundrette
	IS 2.21 Make own breakfast	Food preparation
	IS 2.22 Use a timer	HS 5.01 Safe use of an oven
	Simple drink / snack / meal preparation	HS 5.02 Safe use of a hob
	IS 3.01 Squash	HS 5.03 Safe use of a blender
	IS 3.02 Tea	HS 5.04 Safe use of a slow cooker
	IS 3.03 Coffee	HS 5.05 Use appropriate cookware (metal, wooden, plastic)
	IS 3.04 Hot chocolate	HS 5.06 Load / unload a dishwasher

	IS 3.05 Cereal with milk	HS 5.07 Heat chilled or frozen ready meals
	IS 3.06 Toast	HS 5.08 Keep surfaces clean and tidy
	IS 3.07 Beans on toast	Drink / snack / meal preparation
	IS 3.08 Sandwiches	HS 6.01 Follow a recipe
	IS 3.09 Scrambled egg	HS 6.02 Design a meal
	IS 3.10 Omelette	HS 6.03 Adapt a recipe / meal
	IS 3.11 Baked potato	HS 6.04 Smoothie
	IS 3.12 Pizza	HS 6.05 Cake
	IS 3.13 Soup	Chores
Chores		HS 7.01 Change bedding
	IS 4.01 Make own bed	HS 7.02 Take bins out
	IS 4.02 Wash up	

Health and Wellbeing		
Foundation Stage	Intermediate Stage	Higher Stage
Personal hygiene	Personal hygiene	Personal hygiene
FS 5.01 Locate toilet	IS 5.01 Locate toilet stall and toilet	HS 8.01 Use of appropriate personal care products (deodorant, make up etc)
FS 5.02 Sit on toilet	IS 5.02 Use toilet stall and toilet	HS 8.02 Puberty
FS 5.03 Understand use of toilet	IS 5.03 Location of urinal if appropriate	Feeding / healthy choices
FS 5.04 Wash hands	IS 5.04 Use urinal	HS 9.01 Food groups
FS 5.05 Dry hands	IS 5.05 Locate wash basins	HS 9.02 Healthy plate / balanced diet
FS 5.06 Wash face	IS 5.06 Handwashing	HS 9.03 Read food labels
FS 5.07 Brush teeth	IS 5.07 Identify hot and cold taps	HS 9.04 Compare nutritional information
Feeding	IS 5.08 Appropriate use of soap dispenser	HS 9.05 Make healthier choices
FS 6.01 Finger feeding	IS 5.09 Locate hand drier	HS 9.06 Healthy drinks
FS 6.02 Spoon	IS 5.10 Locate paper towels and bin	Personal safety
FS 6.03 Fork	IS 5.11 Brush hair	HS 10.01 Own mobile
FS 6.04 Knife	IS 5.12 Hair clip / bobbles / hair band	HS 10.02 Make calls on a mobile
FS 6.05 Training cup	IS 5.13 Blowing nose	HS 10.03 Text on a mobile
FS 6.06 Straight sided beaker	Feeding	HS 10.04 Charge phone
FS 6.07 Palmer grip	IS 6.01 Appropriate use of cutlery	HS 10.05 Obtain phone credit
FS 6.08 Pincer grip	IS 6.02 Use of glass	HS 10.06 Alternatives if mobile broken or not

		charged
Body/self awareness	IS 6.03 Drinking straw	HS 10.07 Access public toilets
FS 7.01 Body parts on self	IS 6.04 Adult tableware	HS 10.08 Access disabled toilets
FS 7.02 Body parts on others	Personal safety	HS 10.09 Seek help in an unknown area
FS 7.03 Visually track object or toy	IS 7.01 Name	HS 10.10 Recognise threat or danger
FS 7.04 Track audible object or toy	IS 7.02 Home address	HS 10.11 Action if feel in danger
FS 7.05 Understand simple instructions	IS 7.03 Home phone number	HS 10.12 999 procedures
FS 7.06 Respond to own name	IS 7.04 School address	Road safety awareness
FS 7.07 Follow one instruction	IS 7.05 School phone number	HS 11.01 How to plan a safer journey
FS 7.08 Follow two instructions	IS 7.06 Staff names / faces	HS 11.02 Responsibilities as a pedestrian
FS 7.09 Knows own name	IS 7.07 Family names	HS 11.03 Responsibilities as a cyclist
Simple 'Stranger Danger' strategies	IS 7.08 What to do if lost	HS 11.04 Responsibilities as a passenger in a car
FS 7.01 Knows safer strangers – people who help us	IS 7.09 How to ask for help	HS 11.05 Responsibilities as a passenger on public transport
FS 7.02 Identifies uniforms	IS 7.10 Fire alarm procedure	HS 11.06 How to travel independently (see travel section)
FS 7.03 Understands and responds to 'No'	IS 7.11 'Stranger Danger' strategies	
FS 7.04 Understands and responds to 'Stop'	Road safety awareness	
Early road safety awareness	IS 8.01 Green cross code	
FS 8.01 Pavements for people, roads for vehicles	IS 8.02 Riding a bike / scooter safely	
FS 8.02 Name main vehicle types – e.g. bus, lorry	IS 8.03 Use of helmets and other protection	
FS 8.03 Identify safer places to cross	IS 8.04 Road crossings	
FS 8.04 Push button on pelican	IS 8.05 Hazard spotting	
FS 8.05 Early environment awareness – textures, gradients		

Employment and the wider world		
Foundation Stage	Intermediate Stage	Higher Stage
Early Time	Time	Time
FS 9.01 Day	IS 9.01 Elapsing time – secs, mins, hours	HS 12.01 Using time pieces
FS 9.02 Night	IS 9.02 Days, months, seasons	HS 12.02 Setting time
FS 9.03 Dark	IS 9.03 Time digital	HS 12.03 Setting an alarm
FS 9.04 Seasons	IS 9.04 Time analogue	HS 12.04 Calculating time to arrive

Early Money	Money	HS 12.05 Reading timetables
FS 10.01 Recognition of money from other objects	IS 10.01 Coin recognition	Money
FS 10.02 Understand handing over money to buy goods	IS 10.02 Note identification	HS 13.01 Coin recognition
Listening	IS 10.03 Place in value order	HS 13.02 Note differentiation
FS 10.01 Identify household sounds	IS 10.04 Identify and understand price labels	HS 13.03 Sources of income
FS 10.02 Identify environmental sounds	IS 10.05 Simple value calculations	HS 13.04 Visit post office
FS 10.03 Identify vehicle sounds	IS 10.06 Simple change calculation	HS 13.05 Visit bank
Shopping	IS 10.07 Use a calculator	HS 13.06 Understanding bank accounts
FS 11.01 Awareness of what shops might sell	IS 10.08 Introduction to ATM	HS 13.07 Credit / debit cards
FS 11.02 Understanding of a shopping list	Shopping	HS 13.08 Chip and pin
FS 11.03 Locate counter / tills	IS 11.01 Use a shopping list	HS 13.09 Recognising good value
FS 11.04 Locate price ticket	IS 11.02 Selecting goods	HS 13.10 Budgeting
FS 11.05 Remember to take a shopping bag	IS 11.03 Read price ticket	HS 13.11 Prioritising expenditure
Computing	IS 11.04 Paying for goods	HS 13.12 Online shopping
FS 12.01 Turn on a computer	IS 11.05 Self service tills	HS 13.13 ATM
FS 12.02 Turn off a computer	IS 11.06 Pack shopping bag	HS 13.14 Coin operated devices
FS 12.03 Use a mouse and track pad	IS 11.07 Carrying purchases	Shopping / Café
FS 12.04 Know the position of the keys on a keyboard	IS 11.08 Awareness of customer services	HS 14.01 Locate counter / tills in unfamiliar environment
FS 12.05 Open a programme	IS 11.09 Deal with store staff appropriately	HS 14.02 Use shop signage to locate items
FS 12.06 Close a programme	Computing	HS 14.03 Selecting food in café / canteen
Travelling	IS 12.01 Log on to a computer	HS 14.04 Paying for goods and calculating change
FS 13.01 Follow simple one step directions	IS 12.02 Type sentences	HS 14.05 Locating a seat in a café
FS 13.02 Understand the use of a map	IS 12.03 Save and open work	HS 14.06 Carrying food or drinks to a seat
FS 13.03 Locate landmarks in their local area	IS 12.04 Spell check work	HS 14.07 Interacting with staff
FS 13.04 Identify road signs and know when to stop or not enter	IS 12.05 Print work	Computing
FS 13.05 Board and disembark transport with support	Travelling	HS 15.01 Type an email
FS 13.06 Understand that transport comes at set times	IS 13.01 Follow two step (and more) directions	HS 15.02 Search using the internet
FS 13.07 Identify modes of public transport (bus, train, metro, taxi)	IS 13.02 Locate two places on a map	HS 15.03 Open multiple tabs

FS 13.08 Understand personal space on public transport	IS 13.03 Use landmarks to help navigate	HS 15.04 Copy and paste
FS 13.09 Retains a ticket for travel	IS 13.04 Read simple road signs	Travelling
FS 13.10 Knows how to stay safe around moving vehicles	IS 13.05 Board and disembark transport safely	HS 16.01 Read a range of maps
	IS 13.06 Identify what time the transport will depart	HS 16.02 Plan a route on a map
	IS 13.07 Identify what time the transport will arrive	HS 16.03 Follow a route on a map
	IS 13.08 Interacts appropriately with strangers	HS 16.04 Read road signs and act accordingly
	IS 13.09 Pay the fare needed to travel	HS 16.05 Independently board and disembark a range of transport
	IS 13.10 Recognises and avoids dangerous situations and obstacles	HS 16.06 Calculate how long a journey will take
		HS 16.07 Choose the transport based on journey needs (time, location, purpose)
		HS 16.08 Ask for assistance when needed from an appropriate source
		HS 16.09 Calculate the fare for travel single / return
		HS 16.10 Handles unexpected situations or problems

Assessment:

Red – experience recorded but limited engagement

Orange – physical or gestural prompting required

Green – limited prompting (spoken / visual cues) or no help required