



# Curriculum statement for Life Skills

## **Subject aims: what do we want the children to learn and why**

At Whipton Barton Federation, the aim of our Life Skills curriculum is to prepare our children for life in the wider world and for the different challenges they may face outside of school. Across both KS1 and KS2, we teach them valuable first aid skills so that they feel confident if they ever have to deal with an emergency medical situation. Cycling skills are also taught progressively throughout KS1 and KS2 and all children who can demonstrate bike control and cycling stamina are given multiple opportunities to take part in cycling outings in order to increase road safety confidence and allow children to see for themselves the benefits of cycling. We aspire to engage our children in physical activity and all children across the federation take part in the Golden Mile at least twice a week. The aim of this is to build stamina, perseverance, fitness and for them to see the positive progress over time if they stick to an activity. We recognise their running progress with milestone certificates. Swimming is an additional area which our Life Skills programme focuses on. We aim for all children to be swimming 25m confidently by the end of year 6. We also ensure that they all complete a water safety lesson so that they are equipped if they ever find themselves in difficulty in the water. Our Life Skills programme has strong links to our PSHE curriculum, particularly with financial awareness. We aim to provide children with essential planning and budgeting skills and to develop their understanding of the value of money. Again, this is progressively taught through KS1 and KS2 and within each key stage, children are provided with opportunities to put into practice the knowledge they have acquired. Across all areas of our Life Skills curriculum, we aim for our children to become more resilient and independent.

## **How the subject is organised and taught**

The first aid part of the Life Skills programme is taught annually in years 1, 3 and 5. All classes receive three sixty minute lessons delivered by a first aid professional. Children begin swimming lessons in year 3 and continue until year 5. Once a year, each year group have a 10-week programme with Northbrook swimming instructors, where they will be assessed and sorted into ability groups. Assessment for swimming is a continuous process and children can move groups within the 10 weeks. If children do not complete their 25m by the end of year 5, they will go again with the subsequent year groups until they can. Through our connections with cycling charity Sustrans, children are provided with learn to ride sessions throughout the year in years 2, 4 and 5. They also have the opportunity to take part in a Sustrans organised cycle ride in years 4 and 5. All children are required to take part in Bikeability lessons in year 6 and at the end of year 6, children are invited to participate in a cycle picnic. The Golden Mile is organised within classes and weekly battles between two classes are used to engage and encourage children to push themselves further. The financial education strand to Life Skills is taught and organised within year groups and is supported by our PSHE curriculum.

## **What subject-specific characteristics do we want children to develop?**

At the end of KS2, we expect all children to be able to ride a bike confidently and safely on a road. We expect all children to be able to swim 25m confidently and unaided and for them to describe what to do if they find themselves in difficulty in the water. Children will have developed a good understanding of finances and discuss the importance of planning and budgeting. At the end of each key stage, they will be able to confidently discuss first aid skills (appropriate to their age) and will be able to talk confidently about what they would do in an emergency. Children will be able to describe the benefits of physical activity and discuss and reflect on the progress they have personally made with the Golden Mile, cycling and swimming. We want all children to strengthen their resilience and to have positive self-esteem. Our Life Skills curriculum aims to inspire and equip children with the skills they need to explore the outdoors with great confidence.