



## Life Simulation Overview

| <u>Year Group</u> | <u>Personal Health</u>  | <u>First Aid</u>   | <u>Interaction with Others</u>  | <u>Money and jobs</u>  | <u>Self-Management and Survival</u>  | <u>Household Basics</u>  |
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| <b>Reception</b>  | <p>To be able to wash my hands using soap and water.</p> <p>To know when to wash my hands.</p>  | <p>To know what a hazard might look like.</p> <p>To be able to call for help.</p>        | <p>To be able to use an appropriate voice level for different situations.</p> <p>To know when shouting a good idea.</p> <p>To know when whispering a good idea.</p> | <p>To know who cares for our school.</p> <p>To know what jobs there are within our school?</p>   | <p>To know what to do if I feel hot or cold.</p>   | <p>To be able to dust and wipe surfaces.</p> <p>To know why it is important to dust and wipe.</p>                            |
| <b>Year 1</b>     | <p>To know why it is important to wear sun protection.</p> <p>To be able to apply my own sun protection.</p>  | <p>To know how to fix a bleed.</p> <p>To know how to identify an unconscious person.</p> | <p>To know how to greet others appropriately.</p> <p>To know what a formal and informal interaction might look like.</p>  | <p>To know who cares for our community.</p> <p>To be able to talk about the different jobs within our community.</p>   | <p>To know when it is a good time to go to the bathroom.</p> <p>To be able to talk about what to do in desperate situations.</p> | <p>To be able to hover and mop.</p> <p>To know why it is important to hover and mop.</p>                                     |
| <b>Year 2</b>     | <p>To know how to wash myself and how often I should do this. (including hair)</p> <p>To be able to wash my hands and face.</p> <p>When to visit a dentist.</p> | <p>To know how to treat a simple cut, graze burn and headache.</p>                       | <p>To know what to say on a phone call.</p> <p>To be able to make a simple phone call to request information.</p>   | <p>To know about the different forms of money. (coins, notes, debit cards, electronic payments)</p> <p>How money can be kept and looked after.</p> <p>Keeping and spending money.</p> <p>People are paid for the job they do.</p> <p>How people make choices about spending money.</p> | <p>To know that sleep is important.</p> <p>What is good quality sleep?</p> <p>What are your sleep top tips?</p>                  | <p>To be able to wash up.</p> <p>To know how to wash up using soap and warm water and why we need to complete this task.</p> |



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| <p><b>Year 3</b></p> | <p>To know how to brush my teeth correctly.</p> <p>To know what products help me to brush my teeth.</p> <p>To be able to brush my teeth correctly. (Use blue tabs)</p>   | <p>To know how to treat a variety of bleeds.</p> <p>To know how to call for emergency help.</p> | <p>To know how to ask for help in different situations.</p> <p>To be able to ask a professional, friend and known adult for help.</p>    | <p>To know what different jobs people have.</p> <p>To know that people can have more than one job in their life time.</p> <p>Which jobs carry stereotypes?</p> <p>What skills are needed for the job you are interested in?</p> <p>How might your skill set, interests and achievements link to your future job?</p> <p>How can you set yourself an achievable short-term goal?</p> | <p>To know how to organise myself so that I can leave the house independently.</p> <p>To be able to complete a morning routine independently including washing, brushing teeth and packing my school belongings.</p> <p>To know why sleep is an important part of our routine.</p> | <p>To be able to make a simple lunch.</p> <p>To know how to make a simple lunch and understand the importance of eating regular meals.</p> |
| <p><b>Year 4</b></p> | <p>To know what affects dental health.</p> <p>To know how to maintain oral hygiene and dental health through brushing and flossing.</p> <p>Use the dental tabs to brush teeth.</p> <p>PSHE Association – Dental Health</p> | <p>To know how to help asthma, eczema and allergies.</p> <p>To know how to treat a burn.</p>    | <p>To know how to make an emergency phone call and what to say.</p> <p>To know importance of not making unnecessary emergency calls.</p> | <p>To know how people make different spending decisions based on their budget, values and needs.</p> <p>To know how to keep track of money and why it is important to know how much is being spent.</p> <p>To know about the different ways to pay for things, such as cash, cards, e-payments and the reasons for using them.</p>  | <p>To know how to source clean drinking water.</p> <p>To know the importance of drinking clean water regularly in survival.</p> <p>To be able to make a simple water filter.</p>   | <p>To know how to make a bed.</p> <p>To be able to put on pillow cases, a duvet cover, fitted sheet and make a bed.</p>                    |



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|               |   |  |   | To know that how people spend money can have positive or negative effects on others e.g. charities, single use plastics,   |   |  |
| <b>Year 5</b> | <p>To know how to look after my changing body. (Washing, deodorant, using panty liners if necessary.)</p> <p>To be able to make choices about my personal hygiene.</p> <p>To be able to talk about how to keep clean as my body changes.</p> <p>To be able to talk about the importance of sleep.</p> | <p>To know how to treat an unconscious person.</p> <p>To know how to deliver CPR.</p>  | <p>To know what a conflict is and how to help to solve a problem.</p> <p>To be able to resolve a conflict.</p>  | <p>To know how ambition can lead us to achieving in a future career.</p> <p>How and why might someone choose their career?</p> <p>What might influence someone's decision? (pay, working conditions, personal interests, strengths and qualities, family, values)</p> <p>What are the various routes into work? (College, apprenticeships, university, training)</p> | <p>To know how to make a shelter and why it is important in survival.</p> <p>To be able to make a simple shelter that is mostly waterproof.</p>       | <p>To know how to limit the use of electricity and water.</p> <p>To be able to find ways to be eco-friendly.</p> <p>How can we show compassion for the environment, animals and living things?</p> |
| <b>Year 6</b> | <p>To know about skin reactions and how to help myself heal.</p> <p>To be able to talk about sun burn, eczema, insect bites, blisters and heat rash.</p>  | <p>Equivalent – to first aid at work</p> <p>To know how to deliver first aid.</p> <ul style="list-style-type: none"> <li>Identifying and treating unconsciousness</li> <li>Delivering CPR</li> <li>Supporting seizures</li> <li>Treating bleeding</li> </ul> | <p>To know that changes mean people can experience grief and loss.</p> <p>What is the process of grieving and how can grief be expressed?</p> <p>What strategies can help someone cope with the feelings associated with change or loss?</p> <p>How can you get support? Who can you turn to?</p> | <p>To know about the role that money plays in people's lives, attitudes towards it and what influences decisions and money.</p> <p>What is value for money?</p> <p>How do companies encourage people to buy things?</p> <p>What are the common risks associated with</p>   | <p>To know how to make a small fire and preserve it.</p> <p>To be able to make a fire using different fire starters in a safe and controlled way.</p> | <p>To know how to iron.</p> <p>To be able to iron a simple t-shirt.</p>  |



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|  |  | <ul style="list-style-type: none"><li>• Treating bites and stings</li></ul> Treating shock<br>Treating anaphylaxis<br>Treating burns<br>Supporting an asthmatic<br>Treating allergies<br>Treating fractures – using slings | How can you balance time online with other activities to help maintain your health and wellbeing? | money? (debt, fraud, gambling)<br><br>How can money be lost through being stolen, gambolling and scams?<br><br>How to get support. |  |  |
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