



Growing Independence



| Area | Key Stage 1 → | | | Key Stage 2 → | | | |
|------------------------|---|--|---|---|--|--|---|
| Help the Family | Help unpack shopping bags Use a knife and fork to eat | Carry small dishes of cold food to the table Wipe the table after a meal | Clear the table | Carry a hot meal to the family table Lay the table | Dry up/unload the dishwasher Unpack and store food shopping | Wash up/load dishwasher | Lay a special occasion table Sew on a badge or a button |
| Belongings | Put lunchbox away Hang coat up Put book bag away | Carry schoolbag Pack book bag (with support) Hand letters to parents Bring in home-learning on time | Pack book bag Hand letters to teacher/ appropriate adult Independently look for 'lost kit' | Pack schoolbag <i>Have full additional kit and store correctly (musical instruments/ swimming kit etc)</i> | Pack PE kit With support, pack own bag for sleepovers | Hand letters/money to the office without reminding | Pack own bag for a sleepover or holiday |
| Cleaning jobs | Tidy toys away Put shoes away | Make bed (straighten duvet) Put dirty clothes in clothes basket Keep garden toys tidy | Help with the care of pets | Help with gardening tasks | Put washed clothes away neatly (<i>fold or hang</i>) | Help to recycle rubbish correctly Polish shoes | Change bed, including putting on the duvet cover Help with putting the family wash on and hang out |
| Food | Collect a drink Open a lunch box Be able to open and use own water bottle | Pour a cold drink Unwrap food | Make a cold drink Prepare a bowl of breakfast cereal Bring in and fill own water bottle | Select healthy items for a lunch box | Pack a healthy lunch box Make a simple sandwich Select/weigh ingredients <i>Organise own breakfast</i> Make/get after - school snack | Make a hot drink Prepare packed lunch Follow a simple recipe | Make a hot drink for someone else Prepare a simple family meal |

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| Personal hygiene | Get dressed/undressed Put on shoes (not laced) Toilet independently Wash hands | Use zips and buttons Use a tissue | Brush and, if necessary, tie up hair | Tie a bow – eg, shoe laces, football boots, apron, trainers Put on own shin pads Remove own ear-rings | Shower Wash hair | Use deodorant (if necessary) | |
| Shopping | Go shopping Pay for a small item using real money | Help to pack bags | Help to write items on a shopping list | Use correct coins to pay for an item | Total coins in a purse | Check change | Use pocket money wisely |
| Ask for help/safety | | Know own address Learn home phone number | Understand when and how to call the emergency services for help | Learn a significant mobile phone number | | | |