

Meadow Park: Sequence of learning overview 2025-2026



Subject- Life Skills

Autumn	Spring	Summer A
Health & Wellbeing	Relationships	Living in the wider world

KS1

	TW	IT	O	C		TW	IT	O	C		TW	IT	O	C
How to tie your laces					Learn about a religion within the local community					Learn about a world religion				
How to plant a seed					Make cakes to sell in a cake sale					Celebrate a festival/event				
How to use a knife & fork					Investigate the history of a local area					Grow a butterfly				
How to brush your teeth					Explore the history of a local place of interest					Watch a piece of theatre				
When to say please and thank you					Make cards for a care home					Visit a local beach				
Design and make a sandwich					Grow flowers for the community					Visit a forest				
How to wash our hands properly					Think of something you'd like to change within the community and create a mini campaign					Visit a local museum				
How to look after an animal					Explore a piece of local poetry					Try a new fruit				
How to cross the road with an adult					Help in the community orchard					Listen to world music				
How to get dressed independently					Interview a local person					Visit a library				
What to do if you get lost					Learn about a local musician/band					Take part in a mindfulness relaxation session				
Fire safety					Visit a local place of worship					Visit a farm				
Stranger danger					Meet a local service provider (Police, Fire etc)					Learn about space (NASA)				
How to make a healthy snack (knife skills)														
How to keep areas clean and tidy														

LKS2

	TW	IT	O	C		TW	IT	O	C		TW	IT	O	C
How to wash dishes					Write a letter to your school council					Join a library				
How to contact emergency services					Create information posters for the local community					Perform a poem from a local poet				
How to make a bed					Grow flowers for someone					Explore a world religion				
How to follow a recipe					Learn about a religion within the local community					Visit a local landmark				

[illegible]

**UKS2**

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### KS3

	TW	IT	O	C		TW	IT	O	C		TW	IT	O	C
How to wash and dry clothes (washing machine & hand wash)					How to say hello/goodbye in different languages (local theme)					Listen to and evaluate examples of world music				
Plan a healthy meal					Interview a local person of interest					Explore and compare different faiths within the local community				
Make a health meal					Write a letter to your MP					Virtually visit a place of worship				
Open a bank account					Learn about the history of Liverpool					Learn about a geographical place of interest				
How to store food properly (food poisoning etc)					Learn about a community within Liverpool					Watch a piece of theatre				
How to change a bed					Meet a local service provider (Fire, Police etc)					Virtually visit a museum				
How to perform CPR					Write cards for a local care centre					Virtually visit an art gallery				
Fire plan					Learn about local spoken word poets					Try new world foods				
How to dress a wound					Learn the history of Liverpool music					Learn about a classical composer				
How to shave properly					Create a poem that will be displayed locally					Learn about a different country				
Personal hygiene (body, teeth, toiletries)					Raise money for a charity					Watch a live piece of music				
How to contact the emergency services					Learn about local services that can help					Learn about a significant historical event				
How to use public transport safely										Learn about the different types of fitness available within Merseyside (and beyond)				
How to look for employment										Listen to and evaluate examples of world music				
Alcohol & drug safety										Explore and compare different faiths within the local community				

### KS4

	TW	IT	O	C		TW	IT	O	C		TW	IT	O	C
How to manage a household budget					Explore what community services can help (foodbanks, money, CAB)					Explore and compare different faiths				
How to make a meal for under £5					Listen to Primary pupils read					Virtually visit the houses of parliament				
Where to go for advice on sexual health					Interview a local author/celebrity					Watch a piece of theatre				
How to iron clothes					Learn about a religion within the local community					Virtually visit a place of worship				
How to open a bank account					Write a letter to your Metropolitan Mayor					Virtually visit a museum				
How to make an appointment					Learn about the history of Liverpool					Virtually visit an art gallery				

How to apply for a driving license					Learn about a community within Liverpool					Try new world foods			
How to change a lightbulb					Design a decorative poster for a local hospice					Learn about a classical composer			
How to perform CPR					Meet a local service provider (Fire, Police etc)					Learn about a different country			
How to safely put out a fire					Learn about local spoken word poets					Watch a live piece of music			
Basic first aid (inc how to use a stab kit)					Explore what free services/activities are available for young people in the local area					Learn about a significant historical event			
How to use a gym					Learn about the significance of music within Merseyside					Virtually visit a place of interest worldwide (Whitehouse, NASA etc)			
Prepare a cv										Learn greetings in different languages			
How to clean using cleaning products										Explore and compare different faiths			
Personal hygiene										Virtually visit the houses of parliament			

TW	Team work
IT	Independent thinking
O	Organisation
C	Communication