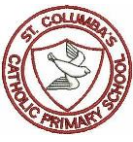


Enhancing Education Life Skills Curriculum Overview 2021-2022

	Theme	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn Term 1	Self-regulation and Building resilience	Calming techniques and emotions	Emotions through exercise	Inside out and speaking out	Recognising with emotions	Dealing with emotions	Team work and problem solving	Confidence and Character	Competence, connections and contributions
Autumn Term 2	Dealing with conflict								
Spring Term 1	Politics and Democracy								
Spring Term 2	First Aid								
Summer Term 1	Money Matters								
Summer Term 2	Making phone calls								

Summer Term 2022

Swimming -



St. Columba's Catholic Primary School



Life Skills Curriculum Overview 2022-2023

	Theme	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn Term 1	Applications (Going for something you want)								
Autumn Term 2	Planning an event								
Spring Term 1	Time keeping/planning/prioritising								
Spring Term 2	Debate								
Summer Term 1	Healthy lifestyle								
Summer Term 2	Meal planning								

Summer Term 2023

Swimming -