

SHEFFIELD EDUCATIONAL PSYCHOLOGY SERVICE

**INDEPENDENCE SKILLS by KEY STAGE**

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| AGE | Safety | Feeding and food | Self-care and dressing | Home living skills | Functioning in the community |
| Pre 5 – use Locke and Beech/EYFS Profile/Development Matters |
| KS1 | Aware of things that burnAwareness of electricity and not to stick objects in socketsCareful with sharp objectsCan use rounded scissors independentlyAware of heights (climbing)Following safety rulesStays with class during tripsUses school materials without harming self or othersCan call for help if self or other is hurt | Can feed self with handsCan drink from a cupCan pour a drink with no/minimal spillageCan eat without excessive spillageCan feed self with spoonCan use a fork Can cut up soft food (like fishfingers) Aware of healthy food choicesCan make a simple meal (sandwich) with assistanceBehaves appropriately in public restaurants/café (end of KS1) | Can go to toilet independently though may need some help with wipingAware of when unwell and telling parent/teacher.Dry and clean in the day and at nightCan put on coatCan put on shoes and socksCan do up a zipCan wash hands with soap and water after using the toiletCan brush teethCan wash faceCan take a shower with promptsCan wipe nose | Make bedPut things away (toys)  | Can find resources in the classroomHolds adult hand when crossing roadRecognise public buildings and types of shopsRecognising authority figures (police)Self organisation (knows own bag and coat) Can move around school independently (Year 1)Can tell time (end of Year 2)Can run errands around school (end of Year 2) |
| KS2 | Can call 999Knows to lock doorStranger dangerCan cross roads at a zebra crossingCan adjust water temperatureOnline safetyCarries breakable objects safely | Can use two electrical items (toaster/Microwave) safelyAware of safety in the kitchenChewing food with mouth closedShows appropriate table mannersCan make a hot drink (Y5/6) | Can tie lacesCan manage buttons and claspsCan get clothes readyPack own school bagWears appropriate clothes for weatherCan wash body, face and hair independently (end of KS2)Girls aware of self-care during menstruation Can take own medicine with supervision/prompting | Tidy up own room Simple chores (drying pots, dusting)  | Can tell the time on digital and analogue clocksKnows home addressKeeping belongings safe (money, letters)Y5/6 play out near the home. Go to local park with friendsY5/6 use a phoneUse money and check changeBuy something in a shop (sweets, comic) |
| KS3 | When hurt being able to judge when to seek help and when to manage on ownAwareness of dangers of drugs/alcoholAwareness of people who can help and who to avoid. Awareness of other people’s intentions. Alert to ‘warning signs’. More nuanced than ‘stranger danger’.  | Can prepare a simple meal with three or more food items. | Shaving (boys)Can take own medicine safely  | Can use hooverCan assist in most household cleaning choresCan wipe and clean surfaces | Can follow a timetable and show awareness of a personal calendar Able to prioritise and organise Can public transport to familiar placesRead bus timetablesCan use a phone Consider quality of a purchaseFollowing directions using technology and mapsPlanning a short trip |
| KS4 | Awareness of sexual safety and understanding of consentAwareness/avoidance of radicalisation and racist attitudesAvoidance of exploitation from others (eg gang, illegal activity, county lines) |  | Can make at attend own medical appointmentsCan go to hairdresser independentlyMeets Gillick competency <https://learning.nspcc.org.uk/child-protection-system/gillick-competence-fraser-guidelines#heading-top>Organising leisure time with schoolShows self-discipline with use of screen timeMonitoring own well-being and knowing who to go to if feeling anxious or sad | Able to manage own laundry | Can plan a longer trip Can use intercity transportOrganising own leisure time (events, going to sporting events, etc)Managing a budget/saving up Starting to do work for money (chores)   |
| Post 16 |  |  |  |  | Able to apply for jobs Managing a budget/saving up. Money managementUnderstanding working for money |
| 18-25 |  |  |  | Arranging potential living options Understanding correspondence/ bills  | Can travel overseas independentlyLearning to drive |