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|  | **Activity** | Initial AssessmentDated notes | 2nd AssessmentDated notes | 3rd AssessmentDated notes |
| Eating and Drinking | Holding a knife, fork and spoon effectively in both hands. Could adaptive cutlery make this less challenging? |  |  |  |
| Scooping food onto a fork or spoon and taking it to the mouth successfully |  |  |  |
| Using a knife as a barrier and to help push food onto a fork or spoon |  |  |  |
| Using a knife to cut soft food successfully.Using a knife to cut more challenging food e.g. potato skin |  |  |  |
| Using a knife to spread butter/jam onto toast, then as a further challenge – onto bread |  |  |  |
| Pouring a drink from a jug |  |  |  |
| Taking a drink to the mouth and drinking with minimal spills. Describe type of cup used: straw/lidded/two handled/spout/open cup |  |  |  |
| Stabbing a straw into a juice/milk box |  |  |  |
| Opening sandwich box |  |  |  |
| Peeling a banana Satsuma/tangerine or similar  |  |  |  |
| Wheelchair users:Carrying a tray on lap(what can be carried on tray? Small amount of drink in cup?) |  |  |  |
| Preparing food: sandwiches, fruit salad, cakes |  |  |  |
| Making a cup of tea (practice using warm not boiling water) |  |  |  |
| Following a recipe |  |  |  |
| Eating without making a mess on their face and/or knowing that if they have made a mess so they can clean it themselves. |  |  |  |
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| Self-care | Washing face using wet hands, drying face using a towel |  |  |  |
| Brushing hair.Putting in a hair bobble, putting in clips/bobbles. |  |  |  |
| Using a tissue and putting it in the bin |  |  |  |
| Squeezing toothpaste out of the tube |  |  |  |
| Brushing teeth |  |  |  |
| Getting undressed and dressed including: buttons/zips/fastenings/ tying shoes laces |  |  |  |
| Putting on gloves |  |  |  |
| Folding and hanging clothes on hangers |  |  |  |
| Wheelchair and supportive seating users: fastening seat belt/ lap strap/ chest harness |  |  |  |
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| Clearing away and Cleaning up | Wiping a table clean |  |  |  |
| Stacking plates/dishes scraping dinner into waste bowl |  |  |  |
| Washing up cutlery/plate/bowlSqueezing the washing up liquid bottle |  |  |  |
| Drying dishes with a tea towel |  |  |  |
| Hand wash items of clothing/cloths and squeeze out excess water. Hanging to dry. |  |  |  |
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| Managing resources | Opening an envelope Putting paper into envelope (start with card smaller than envelope size)  |  |  |  |
| Opening and closing zippy bags |  |  |  |
| Taking paper out of poly pockets/putting paper into poly pockets (loosely fold papers in two first) |  |  |  |
| Packing/unpacking a pencil case (including putting lids back on pens)  |  |  |  |
| Laying out resources needed in a lesson so that they are easily accessed |  |  |  |
| Putting tops on and off a glue stick |  |  |  |
| Putting books on a shelf/ taking books from library shelf  |  |  |  |
| Opening/closing screw top containers |  |  |  |
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| Other practical skills | Handling moneyOpening/closing a purseSelecting correct coins |  |  |  |
| Threading a needle – use a large eyed needle and thicker, bright coloured thread if needed. |  |  |  |
| Sowing seeds/potting a small plant and watering |  |  |  |
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