

PRACTICAL LIFE & PSHE

- INTRODUCTION
- CURRICULUM OBJECTIVES (ACROSS MONTESSORI AGE RANGE)
 - Primary (Casa dei Bambini) – 3 to 6 years
 - Elementary – 6 to 12 years (Lower: 6–9, Upper: 9–12)
- CURRICULUM BY AGE RANGE

INTRODUCTION

Introduction to the Importance of the Practical Life Montessori Curriculum

The **Practical Life** curriculum is a foundational component of **Maria Montessori's** educational philosophy, designed to help young children develop essential life skills, independence, and cognitive abilities. This area of learning focuses on real-world activities that foster **fine and gross motor skills, concentration, coordination, and a sense of order**, while also nurturing **self-confidence and social responsibility**.

Underpinning Objectives and Aims of the Practical Life Curriculum

1. **Developing Independence**

- Children learn to care for themselves (e.g., dressing, washing hands) and their environment (e.g., sweeping, pouring), fostering autonomy.

2. **Enhancing Fine and Gross Motor Skills**

- Activities like threading beads, using tongs, or carrying trays refine hand-eye coordination and muscle control.

3. **Building Concentration & Focus**

- Tasks such as polishing, sorting, or folding require sustained attention, preparing children for academic work.

4. **Promoting Order & Sequencing**

- Practical Life exercises follow a logical sequence (e.g., washing a table: wetting, scrubbing, drying), helping children understand step-by-step processes.

5. **Encouraging Social Responsibility & Grace & Courtesy**

- Children learn to interact respectfully (e.g., greeting others, taking turns) and contribute to their community (e.g., setting the table, cleaning up).

6. **Fostering a Sense of Achievement & Self-Esteem**

- Successfully completing tasks gives children confidence and a sense of purpose.

Why the Practical Life Curriculum is Important for Children

- **Prepares for Real Life:** Children gain skills they will use daily, promoting self-sufficiency.
- **Supports Cognitive Development:** Logical sequencing and problem-solving are reinforced.
- **Lays the Foundation for Academic Learning:** Concentration and fine motor skills are crucial for writing and math.
- **Encourages Emotional Regulation:** Completing tasks independently reduces frustration and builds patience.
- **Cultivates Respect for the Environment:** Children learn to care for their surroundings, fostering responsibility.

In summary, the **Practical Life Montessori curriculum** is vital because it equips children with **real-world skills, cognitive abilities, and emotional resilience**, setting the stage for lifelong learning and personal growth.

- **CURRICULUM OBJECTIVES (ACROSS MONTESSORI AGE RANGE)**

Primary (Casa dei Bambini) – 3 to 6 years

Elementary – 6 to 12 years (Lower: 6–9, Upper: 9–12)

CURRICULUM OBJECTIVES ACROSS AGE RANGE

The Importance of the Practical Life Montessori Curriculum Across Age Groups (3-6, 6-9, and 9-12)

The **Practical Life curriculum** in Montessori education is a dynamic and evolving component that adapts to the developmental needs of children as they grow. While its core principles—**independence, coordination, concentration, and responsibility**—remain consistent, the complexity and purpose of activities shift to align with the child's expanding capabilities. From **early childhood (3-6)** through **lower elementary (6-9)** and into **upper elementary (9-12)**, Practical Life transitions from foundational self-care and fine motor tasks to advanced skills that integrate academic learning, social responsibility, and real-world problem-solving.

Aims of the Practical Life Curriculum by Age Group

1. Ages 3-6: Building Foundations for Independence

Primary Aims:

- Develop **fine and gross motor control** (pouring, threading, sweeping).
- Foster **basic self-care** (dressing, handwashing, food preparation).
- Cultivate **concentration and order** through sequenced tasks (polishing, folding, sorting).
- Introduce **grace and courtesy** (greetings, sharing, polite interactions).

- Strengthen **hand-eye coordination** for future writing and tool use.

Why It Matters:

At this stage, children absorb skills through repetition and imitation. Practical Life activities provide the **physical and mental discipline** needed for later academic work while nurturing confidence and autonomy.

2. Ages 6-9: Connecting Practical Skills to Academic and Social Growth

Primary Aims:

- Transition from self-care to **community-oriented tasks** (gardening, meal planning, classroom jobs).
- Integrate **academic concepts** (measuring, time management, money skills).
- Refine **executive functioning** (planning multi-step projects, organizing materials).
- Deepen **social responsibility** (conflict resolution, collaborative work, leadership roles).
- Develop **advanced life skills** (cooking, basic sewing, simple repairs).

Why It Matters:

Children in this phase apply Practical Life skills to **real-world contexts**, reinforcing math, science, and language concepts. They learn teamwork and accountability, preparing them for more complex challenges.

3. Ages 9-12: Preparing for Adolescence and Real-World Problem-Solving

Primary Aims:

- Master **complex, goal-oriented tasks** (budgeting, entrepreneurship, sustainable practices).
- Apply **critical thinking** to real-life scenarios (researching, debating ethical choices).
- Strengthen **time management and self-discipline** (long-term projects, event planning).
- Engage in **service learning** (community projects, mentoring younger students).
- Develop **technical and survival skills** (first aid, basic carpentry, digital literacy).

Why It Matters:

Pre-adolescents need meaningful, purposeful work to build **resilience and adaptability**. Practical Life at this stage bridges childhood learning with adult responsibilities, empowering students to navigate the world with competence and ethical awareness.

Conclusion: A Lifelong Framework for Success

From **early childhood to adolescence**, the Practical Life curriculum evolves alongside the child, ensuring that each developmental stage is met with purposeful, engaging challenges. For **3-6-year-olds**, it lays the groundwork for independence; for **6-9-year-olds**, it connects daily skills to academic growth; and for **9-12-year-olds**, it fosters leadership and real-world problem-solving. Ultimately, this curriculum equips children with the **skills, mindset, and confidence** to thrive in all aspects of life.

CURRICULUM BY AGE/YEAR GROUP & PROGRESS/ASSESSMENT TOOLS

Montessori education allows learners to progress at their own pace within the age range. For purposes of presentation, the Science is presented here is based on a average of how a student will progress across the following year groups and what assessment tools will be used to evidence progress.

Preschool

Reception

Year 1 to 6

- CURRICULUM BY AGE/YEAR GROUP & PROGRESS/ASSESSMENT TOOLS

The Importance of the Practical Life Curriculum & PSHE

The **Practical Life** curriculum is the cornerstone of the Montessori method, designed to help children develop essential life skills, independence, and cognitive abilities. This area of learning focuses on real-world activities that foster **fine and gross motor skills, concentration, coordination, and a sense of order**, while also nurturing **self-confidence, social responsibility, and emotional intelligence**.

At Rawdah Montessori, this curriculum is enriched by our Islamic values, teaching children respect (adab), gratitude (shukr), and responsibility as stewards of Allah's creation.

Underpinning Aims of the Practical Life Curriculum

1. **Developing Independence:** Children learn to care for themselves (e.g., dressing, washing hands) and their environment (e.g., sweeping, pouring), fostering autonomy.
2. **Enhancing Fine and Gross Motor Skills:** Activities like threading beads, using tongs, or carrying trays refine hand-eye coordination and muscle control.
3. **Building Concentration and Focus:** Tasks such as polishing, sorting, or folding require sustained attention, preparing children for academic work.
4. **Promoting Order and Sequencing:** Practical Life exercises follow a logical sequence, helping children understand step-by-step processes.
5. **Encouraging Social Responsibility and Grace and Courtesy:** Children learn to interact respectfully (e.g., greeting others, taking turns) and contribute to their community.
6. **Fostering a Sense of Achievement and Self-Esteem:** Successfully completing tasks gives children confidence and a sense of purpose.
7. **Meeting Statutory PSHE Requirements:** The curriculum is intentionally designed to cover all core themes of the UK PSHE framework, including Relationships, Health and Wellbeing, and Living in the Wider World.

How to Use This Document

This curriculum is organised into single-year bands from ages 3 to 12, with a preliminary section for ages 2-3. For each year group, you will find:

- **Key PSHE Topics:** The overarching themes addressed in that year.
- **Montessori Practical Life Activities:** A selection of key activities, organised by term, that directly support the PSHE topics.
- **PSHE Mapping:** A clear indication of which statutory PSHE learning objectives are fulfilled by the Montessori activities.

This structure allows teachers to plan their year effectively and provides clear evidence of how the school meets its statutory duties through the Montessori curriculum.

Curriculum for Ages 2-3 (Toddler Community)

Focus: Foundational Independence, Basic Self-Care, and Sensory Exploration.

Key PSHE Topics	Montessori Practical Life Activities	PSHE Mapping (Statutory Guidance)
Self-Regulation & Self-Care	Care of Self: <ul style="list-style-type: none">• Washing hands with help.• Putting own coat on a low peg.• Using a spoon and fork during snack.	Health Education: <i>Mental Wellbeing</i> – "that there is a normal range of emotions and scale of emotions that all people experience." <i>Physical Health</i> – "the importance of personal hygiene."
Gross Motor Skills & Safety	Control of Movement: <ul style="list-style-type: none">• Carrying a small tray.• Walking on a line.• Carrying a chair.	Health Education: <i>Physical Health</i> – "the importance of physical activity."
Making Relationships	Grace & Courtesy: <ul style="list-style-type: none">• Saying "please" and "thank you" with prompting.	Relationships Education: <i>Respectful Relationships</i> – "the importance of self-respect and how this links to their own happiness."

Key PSHE Topics

**Montessori Practical
Life Activities**

PSHE Mapping (Statutory Guidance)

- Learning to wait for a turn.

Curriculum for Ages 3-4 (Nursery)

Focus: Refining Self-Care, Early Care of Environment, and Developing Social Graces.

Term 1: Basic Coordination & Routine

Montessori Activities

Care of Self:

- Handwashing
(independently following sequence).
- Dressing Frame (large buttons).

Control of Movement:

- Carrying a tray with one item.
- Rolling and unrolling a mat.

Care of Environment:

- Setting a place at the table for snack.

PSHE Mapping

Health Education: *Physical Health* – "the importance of personal hygiene."

Relationships Education: *Respectful Relationships* – "practical steps they can take in a range of different contexts to improve or support respectful relationships."

Health Education: *Physical Health* – "the importance of building regular exercise into daily routines."

Relationships Education: *Families and People Who Care for Me* – "the importance of spending time together."

Term 2: Precision & Social Foundations

Montessori Activities

Care of Self:

- Dressing Frame (large zippers).
- Pouring dry goods (beans/rice).

Grace & Courtesy:

- Greeting others ("Assalamu alaikum," "Good morning").
- Interrupting politely (hand on shoulder, waiting).

Care of Environment:

- Wiping a table after snack.

PSHE Mapping

Relationships Education: *Respectful Relationships* – "that in school and in wider society they can expect to be treated with respect by others."

Relationships Education: *Respectful Relationships* – "the importance of self-respect and how this links to their own happiness."

Living in the Wider World: *Shared Responsibilities* – "about the different groups and communities they belong to."

Term 3: Early Self-Care & Order

Montessori Activities

Care of Self:

- Putting on own coat and shoes.
- Using a dustpan and brush to sweep a small spill.

Grace & Courtesy:

- Observing a friend's work without interrupting.
- Using "I need space" or "Stop" sign.

PSHE Mapping

Health Education: *Physical Health* – "the importance of personal hygiene."

Relationships Education: *Respectful Relationships* – "the importance of respecting others' personal space."

Curriculum for Ages 4-5 (Reception)

Focus: Refinement of Motor Skills, Community Contribution, and Emotional Literacy.

Term 4: Complex Motor Skills

Montessori Activities

Care of Self:

- Wet pouring (using a small pitcher).
- Preparing a simple snack (spreading butter, cutting a banana).

Care of Environment:

- Flower arranging.
- Watering plants.

PSHE Mapping

Health Education: *Physical Health* – "the characteristics of a poor diet and risks associated with unhealthy eating."

Living in the Wider World: *Shared Responsibilities* – "ways of caring for the environment."

Term 5: Care of Environment

Montessori Activities

Care of Environment:

- Polishing wood or metal.

PSHE Mapping

Living in the Wider World: *Shared Responsibilities* – "ways of caring for the environment."

Montessori Activities

- Sorting recycling (paper, plastic, organic).

Grace & Courtesy:

- Offering help to a friend.
- Accepting "no" gracefully.

PSHE Mapping

Relationships Education: *Respectful Relationships* – "the importance of self-respect and how this links to their own happiness."

Term 6: Social Leadership

Montessori Activities

Grace & Courtesy:

- Setting a table for a shared meal.
- Conflict resolution phrases ("I feel sad when you...").

Care of Self:

- Blowing nose and wiping face.

PSHE Mapping

Relationships Education: *Respectful Relationships* – "about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying."

Health Education: *Physical Health* – "the importance of personal hygiene."

Montessori Activities

- Dressing independently for outdoors.

PSHE Mapping

Curriculum for Ages 5-6 (Year 1)

Focus: Mastery of Foundational Skills, Mentoring, and Health & Safety.

Key PSHE Topics

Montessori Practical Life Activities

PSHE Mapping (Statutory Guidance)

Health & Safety

Care of Self:

- Tying shoelaces (using a frame).
- Basic first aid: cleaning a small graze.
- Identifying and reporting hazards in the classroom.

Health Education: *Physical Health* – "how to make a clear and efficient call to emergency services if necessary."

Relationships & Mentoring

Grace & Courtesy:

- Demonstrating a work to a new, younger student.
- Writing a "thank you" note.

Relationships Education: *Respectful Relationships* – "the importance of respecting others' personal boundaries."

Economic Wellbeing

Care of Environment:

- Taking responsibility for a

Living in the Wider World: *Economic Wellbeing* – "about the role money plays in their own and others'

**Key PSHE
Topics**

**Montessori Practical Life
Activities**

daily classroom job (e.g.,
line leader, librarian).

PSHE Mapping (Statutory Guidance)

lives, including how to manage their money and about
being a critical consumer."

Curriculum for Ages 6-7 (Year 2)

Focus: Classroom Governance, Practical Academics, and Food Literacy.

Key PSHE Topics	Montessori Practical Life Activities	PSHE Mapping (Statutory Guidance)
Managing Feelings & Seeking Help	Grace & Courtesy: <ul style="list-style-type: none">• Role-playing how to ask for help when feeling sad or worried.• Discussing who are trusted adults at school and home.	Health Education: <i>Mental Wellbeing</i> – "how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings."
Healthy Eating & Physical Health	Care of Self: <ul style="list-style-type: none">• Preparing a healthy snack (fruit salad).• Discussing where food comes from (farm to table).	Health Education: <i>Physical Health</i> – "the characteristics of a poor diet and risks associated with unhealthy eating."
Rules & Responsibilities	Classroom Governance:	Living in the Wider World: <i>Rules, Rights and Responsibilities</i> – "to recognise that they belong to

Key PSHE Topics

**Montessori Practical
Life Activities**

- Participating in a class meeting to agree on classroom rules.
- Understanding the need for rules in games.

PSHE Mapping (Statutory Guidance)

different groups and communities such as family and school."

Curriculum for Ages 7-8 (Year 3)

Focus: Sustainability, Money Management, and Emotional Regulation.

Key PSHE Topics	Montessori Practical Life Activities	PSHE Mapping (Statutory Guidance)
Financial Literacy & Enterprise	Economic Education: <ul style="list-style-type: none">• Participating in a classroom economy (earning "money" for jobs).• Planning a small-scale enterprise (e.g., plant sale).	Living in the Wider World: <i>Economic Wellbeing</i> – "how to make informed choices about spending and saving."
Environmental Responsibility	Care of Environment: <ul style="list-style-type: none">• Building and maintaining a compost bin.• Planting and caring for a vegetable patch.	Living in the Wider World: <i>Shared Responsibilities</i> – "ways of caring for the environment."
Emotional Resilience	Grace & Courtesy: <ul style="list-style-type: none">• Using a "calm down" corner or breathing exercises before returning to work.	Health Education: <i>Mental Wellbeing</i> – "that there is a normal range of emotions and scale of emotions that all people experience."

Key PSHE Topics

Montessori Practical Life Activities

- Identifying physical sensations associated with feelings.

PSHE Mapping (Statutory Guidance)

Curriculum for Ages 8-9 (Year 4)

Focus: Advanced Tool Use, Digital Literacy, and First Aid.

Key PSHE Topics

Montessori Practical Life Activities

PSHE Mapping (Statutory Guidance)

Safety in Different Contexts

Care of Self & Environment:

- Introduction to woodworking: safe use of hammer and saw.
- Bike maintenance and safety check.

Health Education: *Physical Health* – "how to make a clear and efficient call to emergency services if necessary."

First Aid

Health & Safety:

- Basic first aid: how to help someone with a nosebleed or a minor burn.
- Assembling a simple first aid kit.

Health Education: *Physical Health* – "basic treatment for common injuries."

Digital Wellbeing

Technology Use:

- Discussing the importance of balancing screen time with other activities.

Health Education: *Physical Health* – "the benefits of physical activity and time outdoors."

**Key PSHE
Topics**

**Montessori Practical Life
Activities**

PSHE Mapping (Statutory Guidance)

- Using a computer for a research project.

Curriculum for Ages 9-10 (Year 5)

Focus: Enterprise, Citizenship, and Critical Thinking.

Key PSHE Topics	Montessori Practical Life Activities	PSHE Mapping (Statutory Guidance)
Entrepreneurship & Enterprise	Economic Education: <ul style="list-style-type: none">• Running a class-based business (e.g., bake sale).• Calculating profit and loss.• Understanding marketing.	Living in the Wider World: Economic Wellbeing – "about the role money plays in their own and others' lives, including how to manage their money and about being a critical consumer."
Community & Active Citizenship	Civic Engagement: <ul style="list-style-type: none">• Identifying a local issue and organising a response (e.g., park clean-up).• Writing to a local councillor.	Living in the Wider World: Shared Responsibilities – "to recognise the role of voluntary, community and pressure groups."

Key PSHE Topics

Media Literacy & Online Safety

Montessori Practical Life Activities

Digital Citizenship:

- Analysing advertising and its influence.
- Discussing reliability of online sources.

PSHE Mapping (Statutory Guidance)

Living in the Wider World: *Media Literacy* – "that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health."

Curriculum for Ages 10-11 (Year 6)

Focus: Puberty, Transition, and Financial Independence.

Key PSHE Topics

Puberty & Personal Hygiene

Respecting Self & Others

Montessori Practical Life Activities

Care of Self:

- Understanding physical and emotional changes during puberty (discussed sensitively).
- Managing personal hygiene routines.

Grace & Courtesy:

- Role-playing scenarios around consent and personal boundaries.
- Discussing healthy friendships and peer pressure.

PSHE Mapping (Statutory Guidance)

Health Education: *Physical Health* – "key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes."

Relationships Education: *Respectful Relationships* – "practical steps they can take in a range of different contexts to improve or support respectful relationships."

**Key PSHE
Topics**

**Managing
Risk &
Transition**

**Montessori Practical Life
Activities**

Real-World Skills:

- Planning a journey (reading a timetable, using public transport).
- Creating a budget for a school trip.

PSHE Mapping (Statutory Guidance)

Living in the Wider World: *Economic Wellbeing* – "how to make informed choices about spending and saving."

Health Education: *Physical Health* – "how to make a clear and efficient call to emergency services if necessary."

Curriculum for Ages 11-12 (Year 7)

Focus: Global Citizenship, Advanced Life Skills, and Ethical Decision-Making.

Key PSHE Topics	Montessori Practical Life Activities	PSHE Mapping (Statutory Guidance)
Global Issues & Sustainability	Care of Environment: <ul style="list-style-type: none">• Researching and presenting on a global issue (e.g., water scarcity, fair trade).• Taking part in a global campaign (e.g., climate action).	Living in the Wider World: <i>Shared Responsibilities</i> – "about the importance of respecting and protecting the environment."
Ethical Consumerism	Economic Education: <ul style="list-style-type: none">• Debating ethical choices (e.g., buying fair trade).• Researching where clothes/food come from.	Living in the Wider World: <i>Economic Wellbeing</i> – "about being a critical consumer."
Mentoring & Leadership	Community Contribution: <ul style="list-style-type: none">• Mentoring a younger child in a Practical Life skill.	Relationships Education: <i>Respectful Relationships</i> – "the importance of self-respect and how this links to their own happiness."

Key PSHE Topics

Montessori Practical Life Activities

- Organising a school-wide charity event.

PSHE Mapping (Statutory Guidance)

Appendix: Comparison Table – Montessori Practical Life vs. UK PSHE

This table demonstrates how the Montessori Practical Life curriculum provides a comprehensive, hands-on approach to fulfilling the statutory PSHE requirements.

PSHE Core Theme	Statutory Requirement	Montessori Provision	Key Differences
Health and Wellbeing	Mental wellbeing; physical health; healthy eating; drugs, alcohol and tobacco; health and prevention; basic first aid.	Practical Life activities build resilience, concentration, and self-regulation. Care of Self includes nutrition (food preparation), hygiene, and first aid.	Montessori emphasises doing (e.g., preparing a healthy meal) over discussing healthy eating.
Relationships	Families and people who care for me; caring friendships; respectful relationships; online relationships; being safe.	Grace and Courtesy lessons, mixed-age mentoring, conflict resolution role-play, and collaborative care of the environment.	Montessori provides daily, repeated practice in respectful interaction, rather than occasional lessons.
Living in the Wider World	Shared responsibilities; communities; media literacy; economic wellbeing; aspirations.	Care of Environment (sustainability), classroom economy, enterprise projects, and community service.	Montessori connects abstract concepts (e.g., "shared responsibilities") to tangible, real-world projects .

