

# Life Skills Subject Overview



# **ROUTE 1 – LIFE SKILLS**

	AUTUMN HALF TERM 1	AUTUMN HALF TERM 2	SPRING HALF TERM 1	SPRING HALF TERM 2	SUMMER HALF TERM 1	SUMMER HALF TERM 2
	Personal Hygiene Fire Safety Awareness Festive Treats and Crafts	Personal Hygiene (Hair and Body) Dental Cleanliness Independence Skills Fire Safety Festive Treats and Crafts	Internet Safety Hazards in the home Asking for Help Basic First Aid	Internet Safety Hazards in the home Asking for Help (Emergency services) Basic First Aid	Keeping Safe Road, Sun, Travel and Water Trust and people	Keeping Safe Road, Sun, Travel and Water Afternoon Tea (End of Year Project)
Year 7	Cooking Opportunities Cakes	Cooking Opportunities Toast/hot drinks	Cooking Opportunities Sweet Pancakes	Cooking Opportunities Bread Making	Cooking Opportunities Pizzas	Cooking Opportunities Savory foods
_	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas
	Cleanliness Problem Solving Self-Care Staying Safe Being Organised Home Care Communication Cooking Wellbeing	Problem Solving Self-Care Staying Safe Being Organised Home Care Communication Cooking Wellbeing	Problem Solving Self-Care Staying Safe Being Organised Positive Relations hips Wellbeing Communication	Problem Solving Self-Care Staying Safe Being Organised Positive Relation ships Wellbeing Communication	Problem Solving Self-Care Staying Safe Managing Mon ey Positive Relation ships Cooking Wellbeing Communication	Problem Solving Self-Care Staying Safe Managing Mon ey Positive Relation ships Cooking Wellbeing Communication



	Cleanliness (Body and Hair) Dental Cleanliness Independence Skills Fire Safety Festive Treats	Cleanliness (Body and Hair) Dental Cleanliness Independence Skills Fire Safety Festive Treats	Internet Safety Hazards in the home Asking for Help (Emergency services) Basic First Aid	Internet Safety Hazards in the home Asking for Help (Emergency services) Basic First Aid	Trust (safe and non-safe) Sun safety Travel and Road Safety Water Safety	Trust (safe and non-safe) Sun safety Travel and Road Safety Water Safety Afternoon Tea (End of
Year 8	and Crafts  Cooking Opportunities: Biscuits  Focus Areas	and Crafts  Cooking Opportunities: Toast and Topping  Focus Areas	Cooking Opportunities: Savory Pancakes Focus Areas	Cooking Opportunities: Bread Making Focus Areas	Cooking Opportunities: Wedges Focus Area	Year Project)  Cooking Opportunities: Sweet foods  Focus Areas
	Cleanliness Problem Solving Self-Care Staying Safe Being Organised Home Care Communication Cooking Wellbeing	Problem Solving Self-Care Staying Safe Being Organised Home Care Communication	Problem Solving Self-Care Staying Safe Being Organised Positive Relations hips Wellbeing Communication	Problem Solving Self-Care Staying Safe Being Organised Positive Relation ships Wellbeing Communication	Problem Solving Self-Care Staying Safe Managing Mon ey Positive Relation ships Cooking Wellbeing Communication	Problem Solving Self-Care Staying Safe Managing Mon ey Positive Relation ships Cooking Wellbeing Communication



	Personal	Personal	Basic first aid	Introduction to	Planning/budge	Safety in
	Hygiene	Hygiene	Childcare	sewing.	ting for a trip or	the sun
	Food Storage	Household	Cilliucare	Creating a	event	How to
	Household	Products		fabric item	Travel and	pack for a
						•
	equipment and	Laundry		Independence	Road safety	holiday day trip
	maintenance	Festive gift		skills	Medications	Cooking
	(Kitchen)	making 			Smoking and	outdoors
	Hazards in the	and wrapping			Alcohol	Afternoon
	Home					garden Party
						(End of
						year project)
	Cooking	Cooking	Cooking	Cooking	Cooking	Cooking
0	Opportunities	Opportunities	Opportunities	Opportunities	Opportunities	Opportunities
<u>_</u>	Toast/hot drinks	Tortilla pizza	Pancakes/ Yorkshi	Eggy bread	Jelly/Mousse	Pasta Dishes
a a		,	re Puddings		,	
Year						
·						
	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas
	Problem Solving	Problem Solving	Problem Solving	Problem Solving	Problem Solving	Problem Solving
	Cooking	Cooking	Self-Care	Self-Care	Self-Care	Self-Care
	Staying Safe	Staying Safe	Staying Safe	Staying Safe	Staying Safe	Staying Safe
	Being Organised	Being Organised	Being Organised	Being Organise	Wellbeing	Wellbeing
	Home Care	Home Care	Positive Relations	d	Managing	Managing
	Communication	Communication	hips	Positive Relation	Money	Money
	Wellbeing	Wellbeing	Wellbeing	ships	Communication	Communication
	Self-Care	Self-Care	Communication	Wellbeing	Positive Relation	Positive Relation
			Cooking	Communication	ships	ships
				Cooking	Cooking	Cooking



	Personal Hygiene Food Storage Household equipment and maintenance (Kitchen) Hazards in the Home	Personal Hygiene Household Products Laundry Festive gift making and wrapping	Basic first aid Childcare	Introduction to sewing. Creating a fabric item Independence skills	Planning/budge ting for a trip or event Travel and Road safety Medications Smoking and Alcohol	Safety in the sun How to pack for a holiday day trip Cooking outdoors Afternoon garden Party (End of year project)
Year 10	Cooking Opportunities Flapjacks	Cooking Opportunities Savoury waffles	Cooking Opportunities Sweet Waffles	Cooking Opportunities Savoury rolls	Cooking Opportunities Bread pudding	Cooking Opportunities Pasta Dishes
	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas
	Problem Solving Cooking Staying Safe Being Organised Home Care Communication Wellbeing Self-Care	Problem Solving Cooking Staying Safe Being Organised Home Care Communication Wellbeing Self-Care	Problem Solving Self-Care Staying Safe Being Organised Positive Relations hips Wellbeing Communication Cooking	Problem Solving Self-Care Staying Safe Being Organised Positive Relatio nships Wellbeing Communication Cooking	Problem Solving Self-Care Staying Safe Wellbeing Managing Money Communication Positive Relation ships Cooking	Problem Solving Self-Care Staying Safe Wellbeing Managing Money Communication Positive Relation ships Cooking



	Personal Hygiene Food Storage Household equipment and maintenance (Kitchen) Hazards in the Home	Personal Hygiene Household Products Laundry Festive gift making and wrapping	Basic first aid Childcare	Introduction to sewing Creating a fabric item Independence skills	Planning/budge ting for a trip or event Travel and Road safety Medications Smoking and Alcohol	Safety in the sun How to pack for a holiday day trip Cooking outdoors Afternoon garden Party (End of year project)
Year 11	Cooking Opportunities Iced cup cakes	Cooking Opportunities Vegetable Curry	Cooking Opportunities Air Fried chips /vegetable	Cooking Opportunities Bread	Cooking Opportunities Pitta bread pizza	Cooking Opportunities Pasta Dishes
	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas
	Problem Solving Cooking Staying Safe Being Organised Home Care Communication Wellbeing Self-Care	Problem Solving Cooking Staying Safe Being Organised Home Care Communication Wellbeing Self-Care	Problem Solving Self-Care Staying Safe Being Organised Positive Relations hips Wellbeing Communication Cooking	Problem Solving Self-Care Staying Safe Being Organise d Positive Relation ships Wellbeing Communication	Problem Solving Self-Care Staying Safe Wellbeing Managing Money Communication Positive Relation ships Cooking	Problem Solving Self-Care Staying Safe Wellbeing Managing Money Communication Positive Relation ships Cooking



# **CURRICULUM OVERVIEW**

- Route 1 Pupils undertake tasks to DISCOVER, EXPLORE and EXPERIENCE knowledge and understanding through themes and opportunities within the context of the topics.
- Life Skills equip students with the knowledge, understanding, skills and strategies required to live healthy, safe, productive, and balanced lives. Life Skills contributes to personal development by helping pupils to build their confidence and self esteem.
- Topics are guided by the schools underlying aim to prepare our students insofar as possible for independent life
- Pupils gain a range of opportunities and experiences to allow them to progress through school and into post 16 with confidence, aspiration, and recognition of their achievements.
- Pupils develop confidence and self-belief.
- Pupils have the knowledge of personal hygiene and self-care to help them live independently where possible.
- Pupils can make basic meals and beverages.
- Pupils experience and/or partake in cleaning and cooking tasks.
- Pupils gain resilience, problem solving, teamwork and communication skills
- Focus areas include, Problem Solving, Self-Care, Staying Safe, Being Organised, Home Care, Communication,
- Cooking, Wellbeing

# Skills and Knowledge Progression Year 7 & Year 8

# **KNOWLEDGE**

- Basic Personal Hygiene.
- Self-care and getting dressed.
- Managing Feelings.
- Basic First Aid and Fire Safety.
- Teacher Led, Food Prep and Cooking.
- Basic Road Safety.
- Stranger Danger.
- Hazards and keeping safe.
- Water Safety.

# **SKILLS**

- Cleanliness, hands, teeth and body.
- Tying, folding, and fastening clothes.
- Understanding own feelings and the feelings of others.
- How to clean a wound and administer a plaster.
- Treating small scalds and burns.
- Chopping, slicing, peeling, mixing and simple baking.
- Understanding different modes of travel.
- Understanding who is a stranger.
- RNLI Staying safe around water.

### **SPIRAL**

- Keeping ourselves safe in varied environments.
- Engage with the world around them
- Problem Solving
- Self-Care
- Staying Safe
- Being Organised
- Home Care
- Communication
- Cooking
- Wellbeing



# Skills, Knowledge Progression and Destinations Year 9, Year 10 and Year 11

# **KNOWLEDGE**

- Personal Hygiene.
- Understand behaviour & Consequences.
- Household Maintenance.
- Basic First Aid.
- Group and independent food Prep and Cooking.
- Healthy eating.
- Basic Food.
- Sewing.
- Road Safety.

# **SKILLS**

- Cleanliness, Hands, teeth, body, shoelace tying and understanding body measurements.
- Understand own behaviour, consequences in work related learning.
- Reading Laundry labels and using kitchen equipment safely.
- Treatment of burns, scalds and cuts.
- Following a recipe to create a simple meal.
- Understanding the food groups and selecting healthier options
- Understanding Labels and selecting the correct storage of food.
- Attaching a button and creating a fabric item.
- Exploring our community, crossing roads safely.

### **SPIRAL**

- Sewing How to thread a needle and running stitch.
- Basic Road Safety.
- Fire safety
- Problem Solving
- Self-Care
- Staying Safe
- Being Organised
- Home Care
- Communication
- Cooking
- Wellbeing

# **DESTINATION**

- · Working towards independent living skills.
- Being able to make a healthy meal with minimal support safely
- Looking after oneself and personal safety



# **ROUTE 2 – LIFE SKILLS**

	AUTUMN HALF TERM 1	AUTUMN HALF TERM 2	SPRING HALF TERM 1	SPRING HALF TERM 2	SUMMER HALF TERM 1	SUMMER HALF TERM 2
	Cleanliness (Body and Hair) Dental Cleanliness Independence Skills Fire Safety Festive Treats and Crafts	Cleanliness (Body and Hair) Dental Cleanliness Independence Skills Fire Safety Festive Treats and Crafts	Internet Safety Hazards in the home Asking for Help Emergency services Basic First Aid	Internet Safety Hazards in the home Asking for Help (Emergency services) Basic First Aid	Trust (safe and non-safe) Sun safety Travel and Road Safety Water Safety Afternoon Tea (End of Year Project)	Trust (safe and non-safe) Sun safety Travel and Road Safety Water Safety Afternoon Tea (End of Year Project)
Year 7	Cooking Opportunities Cakes	Cooking Opportunities Toast/hot drinks	Cooking Opportunities Sweet Pancakes	Cooking Opportunities Bread Making	Cooking Opportunities Pizzas	Cooking Opportunities Savory foods
×	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas
	Cleanliness Problem Solving Self-Care Staying Safe Being Organised Home Care Communication Cooking Wellbeing	Problem Solving Self-Care Staying Safe Being Organised Home Care Communication Cooking Wellbeing	Problem Solving Self-Care Staying Safe Being Organised Positive Relations hips Wellbeing Communication Cooking	Problem Solving Self-Care Staying Safe Being Organised Positive Relation ships Wellbeing Communication Cooking	Problem Solving Self-Care Staying Safe Managing Mon ey Positive Relation ships Cooking Wellbeing Communication	Problem Solving Self-Care Staying Safe Managing Mon ey Positive Relation ships Cooking Wellbeing Communication



	Cleanliness (Body and Hair) Dental Cleanliness Independence Skills Fire Safety Festive Treats and Crafts	Cleanliness (Body and Hair) Dental Cleanliness Independence Skills Fire Safety Festive Treats and Crafts	Internet Safety Hazards in the home Asking for Help (Emergency services) Basic First Aid	Internet Safety Hazards in the home Asking for Help (Emergency services) Basic First Aid	Trust (safe and non-safe) Sun safety Travel and Road Safety Water Safety Afternoon Tea (End of Year Project)	Trust (safe and non-safe) Sun safety Travel and Road Safety Water Safety Afternoon Tea (End of Year Project)
Year 8	Cooking Opportunities Biscuits Focus Areas	Cooking Opportunities Toast and Topping Focus Areas	Cooking Opportunities Savory Pancakes Focus Areas	Cooking Opportunities Bread Making Focus Areas	Cooking Opportunities Wedges Focus Areas	Cooking Opportunities Sweet foods Focus Areas
	Cleanliness Problem Solving Self-Care Staying Safe Being Organised Home Care Communication Cooking Wellbeing	Problem Solving Self-Care Staying Safe Being Organised Home Care Communication Cooking Wellbeing	Problem Solving Self-Care Staying Safe Being Organised Positive Relations hips Wellbeing Communication Cooking	Problem Solving Self-Care Staying Safe Being Organised Positive Relation ships Wellbeing Communication	Problem Solving Self-Care Staying Safe Managing Mon ey Positive Relation ships Cooking Wellbeing Communication	Problem Solving Self-Care Staying Safe Managing Mon ey Positive Relation ships Cooking Wellbeing Communication



	Personal Hygiene Food Storage Household equipment and maintenance (Kitchen) Hazards in the Home	Personal Hygiene Household Products Laundry Festive gift making and wrapping	Basic first aid Childcare	Introduction to sewing. Creating a fabric item Independence skills	Planning/budge ting for a trip or event Travel and Road safety Medications Smoking and Alcohol	Safety in the sun How to pack for a holiday day trip Cooking outdoors Afternoon garden Party (End of year project)
Year 9	Cooking Opportunities Toast/hot drinks	Cooking Opportunities Tortilla pizza	Cooking Opportunities Pancakes/Yorkshi re Puddings	Cooking Opportunities Eggy bread	Cooking Opportunities Jelly/Mousse	Cooking Opportunities Pasta Dishes
	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas
	Problem Solving Cooking Staying Safe Being Organised Home Care Communication Wellbeing Self-Care	Problem Solving Cooking Staying Safe Being Organised Home Care Communication Wellbeing Self-Care	Problem Solving Self-Care Staying Safe Being Organised Positive Relations hips Wellbeing Communication Cooking	Problem Solving Self-Care Staying Safe Being Organise d Positive Relation ships Wellbeing Communication	Problem Solving Self-Care Staying Safe Wellbeing Managing Money Communication Positive Relation ships Cooking	Problem Solving Self-Care Staying Safe Wellbeing Managing Money Communication Positive Relation ships Cooking



	Personal	Personal	Basic first aid	Introduction to	Planning/budge	Safety in
	Hygiene	Hygiene	Childcare	sewing.	ting for a trip or	the sun
	Food Storage	Household		Creating a	event	How to
	Household	Products		fabric item	Travel and	pack for a
	equipment and	Laundry		Independence	Road safety	holiday day trip
	maintenance	Festive gift		skills	Medications	Cooking
	(Kitchen)	making			Smoking and	outdoors
	Hazards in the	and wrapping			Alcohol	Afternoon
	Home					garden Party
						(End of
						year project)
10	Cooking	Cooking	Cooking	Cooking	Cooking	Cooking
	Opportunities	Opportunities	Opportunities	Opportunities	Opportunities	Opportunities
ā	Flapjacks	Savoury waffles	Sweet Waffles	Savoury rolls	Bread pudding	Pasta Dishes
Year						
	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas
	1 0003 7 11 003	1 0000 7 11 000	10003711003	1 0000 7 11 000	10003711003	10003711003
	Problem Solving	Problem Solving	Problem Solving	Problem Solving	Problem Solving	Problem Solving
	Cooking	Cooking	Self-Care	Self-Care	Self-Care	Self-Care
	Staying Safe	Staying Safe	Staying Safe	Staying Safe	Staying Safe	Staying Safe
	Being Organised	Being Organised	Being Organised	Being Organised	Wellbeing	Wellbeing
	Home Care	Home Care	Positive Relations	Positive Relatio	Managing	Managing
	Communication	Communication	hips	nships	Money	Money
	Wellbeing	Wellbeing	Wellbeing	Wellbeing	Communication	Communication
	Self-Care	Self-Care	Communication	Communication	Positive Relation	Positive Relation
			Cooking	Cooking	ships	ships
					Cooking	Cooking



	Personal Hygiene Food Storage Household equipment and maintenance (Kitchen) Hazards in the Home	Personal Hygiene Household Products Laundry Festive gift making and wrapping	Basic first aid Childcare	Introduction to sewing. Creating a fabric item Independence skills	Planning/budge ting for a trip or event Travel and Road safety Medications Smoking and Alcohol	Safety in the sun How to pack for a holiday day trip Cooking outdoors Afternoon garden Party (End of year project)
Year 11	Cooking Opportunities Iced cup cakes	Cooking Opportunities Vegetable Curry	Cooking Opportunities Air Fried chips /vegetable	Cooking Opportunities Bread	<b>Cooking Opportunities</b> Pitta bread pizza	Cooking Opportunities Pasta Dishes
	Problem Solving Cooking Staying Safe Being Organised Home Care Communication Wellbeing Self-Care	Problem Solving Cooking Staying Safe Being Organised Home Care Communication Wellbeing Self-Care	Problem Solving Self-Care Staying Safe Being Organised Positive Relations hips Wellbeing Communication Cooking	Problem Solving Self-Care Staying Safe Being Organise d Positive Relation ships Wellbeing Communication Cooking	Problem Solving Self-Care Staying Safe Wellbeing Managing Money Communication Positive Relation ships Cooking	Problem Solving Self-Care Staying Safe Wellbeing Managing Money Communication Positive Relation ships Cooking



# **CURRICULUM OVERVIEW**

- Route 2 Pupils undertake tasks to ENHANCE, DEVELOP and DEEPEN knowledge and understanding through themes and opportunities within the context of the topics.
- Life Skills equip students with the knowledge, understanding, skills and strategies required to live healthy, safe, productive, and balanced lives. Life Skills contributes to personal development by helping pupils to build their confidence and self esteem.
- Topics are guided by the schools underlying aim to prepare our students insofar as possible for independent life
- Pupils gain a range of opportunities and experiences to allow them to progress through school and into post 16 with confidence, aspiration, and recognition of their achievements.
- Pupils develop confidence and self-belief.
- Pupils have the knowledge of personal hygiene and self-care to help them live independently where possible.
- Pupils can make basic meals and beverages.
- Pupils experience and/or partake in cleaning and cooking tasks.
- Pupils gain resilience, problem solving, teamwork and communication skills
- Focus areas include, Problem Solving, Self-Care, Staying Safe, Being Organised, Home Care, Communication,
- Cooking, Wellbeing

# Skills and Knowledge Progression Year 7 & Year 8

# **KNOWLEDGE**

- Basic Personal Hygiene.
- Selfcare and getting dressed.
- Managing Feelings.
- Basic First Aid and Fire Safety.
- Teacher Led, Food Prep and Cooking.
- Basic Road Safety.
- Stranger Danger.
- Hazards and keeping safe.
- Water Safety.

# **SKILLS**

- Cleanliness, hands, teeth and body.
- Tying, folding, and fastening clothes.
- Understanding own feelings and the feelings of others.
- How to clean a wound and administer a plaster.
- Treating small scalds and burns.
- Chopping, slicing, peeling, mixing and simple baking.
- Understanding different modes of travel.
- Understanding who is a stranger.
- RNLI Staying safe around water.

### **SPIRAL**

- Keeping ourselves safe in varied environments.
- Engage with the world around them
- Problem Solving
- Self-Care
- Staying Safe
- Being Organised
- Home Care
- Communication
- Cooking
- Wellbeing



# Skills, Knowledge Progression and Destinations Year 9, Year 10 and Year 11

# **KNOWLEDGE**

- Personal Hygiene.
- Understand behaviour & Consequences.
- Household Maintenance.
- Basic First Aid.
- Group and independent food Prep and Cooking.
- Healthy eating.
- Basic Food.
- Sewing.
- Road Safety.

# **SKILLS**

- Cleanliness, Hands, teeth, body, shoelace tying and understanding body measurements.
- Understand own behaviour, consequences in work related learning.
- Reading Laundry labels and using kitchen equipment safely.
- Treatment of burns, scalds and cuts.
- Following a recipe to create a simple meal.
- Understanding the food groups and selecting healthier options
- Understanding Labels and selecting the correct storage of food.
- Attaching a button and creating a fabric item.
- Exploring our community, crossing roads safely.

### **SPIRAL**

- Sewing How to thread a needle and running stitch.
- Basic Road Safety.
- Fire safety
- Problem Solving
- Self-Care
- Staying Safe
- Being Organised
- Home Care
- Communication
- Cooking
- Wellbeing

# **DESTINATION**

- Minimal supported living.
- Working towards independent living skills.
- Being able to make a healthy meal with minimal support safely.
- Looking after oneself and personal safety.



# **ROUTE 3 – LIFE SKILLS**

	AUTUMN HALF TERM 1	AUTUMN HALF TERM 2	SPRING HALF TERM 1	SPRING HALF TERM 2	SUMMER HALF TERM 1	SUMMER HALF TERM 2
	Cleanliness (Body and Hair) Dental Cleanliness Independence Skills Fire Safety Festive Treats and Crafts	Cleanliness (Body and Hair) Dental Cleanliness Independence Skills Fire Safety Festive Treats and Crafts	Internet Safety Hazards in the home Asking for Help Emergency services Basic First Aid	Internet Safety Hazards in the home Asking for Help (Emergency services) Basic First Aid	Trust (safe and non-safe) Sun safety Travel and Road Safety Water Safety Afternoon Tea (End of Year Project)	Trust (safe and non-safe) Sun safety Travel and Road Safety Water Safety Afternoon Tea (End of Year Project)
7	Cooking Opportunities	Cooking Opportunities	Cooking Opportunities	Cooking Opportunities	Cooking Opportunities	Cooking Opportunities
Year 7	Cakes	Toast/hot drinks	Sweet Pancakes	Bread Making	Pizzas	Savory foods
<b>&gt;</b>	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas
	Cleanliness Problem Solving Self-Care Staying Safe Being Organised Home Care Communication Cooking Wellbeing	Problem Solving Self-Care Staying Safe Being Organised Home Care Communication Cooking Wellbeing	Problem Solving Self-Care Staying Safe Being Organised Positive Relations hips Wellbeing Communication Cooking	Problem Solving Self-Care Staying Safe Being Organised Positive Relation ships Wellbeing Communication Cooking	Problem Solving Self-Care Staying Safe Managing Mon ey Positive Relation ships Cooking Wellbeing Communication	Problem Solving Self-Care Staying Safe Managing Mon ey Positive Relation ships Cooking Wellbeing Communication



	Cleanliness	Cleanliness	Internet Safety	Internet Safety	Trust (safe and	Trust (safe and
	(Body and Hair)	(Body and Hair)	Hazards in the	Hazards in the	non-safe)	non-safe)
	Dental	Dental	home	home	Sun safety	Sun safety
	Cleanliness	Cleanliness	Asking for Help	Asking for Help	Travel and Road	Travel and Road
	Independence	Independence	(Emergency	(Emergency	Safety	Safety
	Skills	Skills	services)	services)	Water Safety	Water Safety
	Fire Safety	Fire Safety	Basic First Aid	Basic First Aid	Afternoon	Afternoon
	Festive Treats	Festive Treats			Tea (End of	Tea (End of
	and Crafts	and Crafts			Year Project)	Year Project)
$\infty$	Food: Biscuits	Food: Toast and	Food:	Food: Bread	Food: Wedges	Food: Sweet
_		Topping	Savory Pancakes	Making		foods
Yeal	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas
>	Focus Aleas	Focus Aleas	rocus Aleas	Focus Aleas	Focus Aleas	rocus Areas
	Cleanliness	Problem Solving	Problem Solving	Problem Solving	Problem Solving	Problem Solving
	Problem Solving	Self-Care	Self-Care	Self-Care	Self-Care	Self-Care
	Self-Care	Staying Safe	Staying Safe	Staying Safe	Staying Safe	Staying Safe
	Staying Safe	Being Organised	Being Organised	Being Organised	Managing Mon	Managing Mon
	Being Organised	Home Care	Positive Relations	Positive Relation	ey	ey
	Home Care	Communication	hips	ships	Positive Relation	Positive Relation
	Communication	Cooking	Wellbeing	Wellbeing	ships	ships
	Cooking	Wellbeing	Communication	Communication	Cooking	Cooking
	Wellbeing		Cooking	Cooking	Wellbeing	Wellbeing
					Communication	Communication



	Personal Hygiene Food Storage Household equipment and maintenance (Kitchen) Hazards in the Home	Personal Hygiene Household Products Laundry Festive gift making and wrapping	Basic first aid Childcare	Introduction to sewing. Creating a fabric item Independence skills	Planning/budge ting for a trip or event Travel and Road safety Medications Smoking and Alcohol	Safety in the sun How to pack for a holiday day trip Cooking outdoors Afternoon garden Party (End of year project)
Year 9	Cooking Opportunities Toast/hot drinks	Cooking Opportunities Tortilla pizza	Cooking Opportunities Pancakes/Yorkshi re Puddings	Cooking Opportunities Eggy bread	Cooking Opportunities Jelly/Mousse	Cooking Opportunities Pasta Dishes
	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas
	Problem Solving Cooking Staying Safe Being Organised Home Care Communication Wellbeing Self-Care	Problem Solving Cooking Staying Safe Being Organised Home Care Communication Wellbeing Self-Care	Problem Solving Self-Care Staying Safe Being Organised Positive Relations hips Wellbeing Communication Cooking	Problem Solving Self-Care Staying Safe Being Organise d Positive Relation ships Wellbeing Communication	Problem Solving Self-Care Staying Safe Wellbeing Managing Money Communication Positive Relation ships Cooking	Problem Solving Self-Care Staying Safe Wellbeing Managing Money Communication Positive Relation ships Cooking



	Personal	Personal	Basic first aid	Introduction to	Planning/budge	Safety in
	Hygiene	Hygiene	Childcare	sewing.	ting for a trip or	the sun
	Food Storage	Household		Creating a	event	How to
	Household	Products		fabric item	Travel and	pack for a
	equipment and	Laundry		Independence	Road safety	holiday day trip
	maintenance	Festive gift		skills	Medications	Cooking
	(Kitchen)	making			Smoking and	outdoors
	Hazards in the	and wrapping			Alcohol	Afternoon
	Home					garden Party
						(End of
						year project)
	Cooking	Cooking	Cooking	Cooking	Cooking	Cooking
10	Opportunities	Opportunities	Opportunities	Opportunities	Opportunities	Opportunities
<u>_</u>	Flapjacks	Savoury waffles	Sweet Waffles	Savoury rolls	Bread pudding	Pasta Dishes
a	Парјаско	Savoury warries	Sweet Warnes	Savoury rons	breau puduling	r asta Distres
Year						
	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas
	Problem Solving	Problem Solving	Problem Solving	Problem Solving	Problem Solving	Problem Solving
	Cooking	Cooking	Self-Care	Self-Care	Self-Care	Self-Care
	Staying Safe	Staying Safe	Staying Safe	Staying Safe	Staying Safe	Staying Safe
	Being Organised	Being Organised	Being Organised	Being Organised	Wellbeing	Wellbeing
	Home Care	Home Care	Positive Relations	Positive Relatio	Managing	Managing
	Communication	Communication	hips	nships	Money	Money
	Wellbeing	Wellbeing	Wellbeing	Wellbeing	Communication	Communication
	Self-Care	Self-Care	Communication	Communication	Positive Relation	Positive Relation
			Cooking	Cooking	ships	ships
					Cooking	Cooking



	Personal	Personal	Basic first aid	Introduction to	Planning/budge	Safety in
	Hygiene	Hygiene	Childcare	sewing.	ting for a trip or	the sun
	Food Storage	Household		Creating a	event	How to
	Household	Products		fabric item	Travel and	pack for a
	equipment and	Laundry		Independence	Road safety	holiday day trip
	maintenance	Festive gift		skills	Medications	Cooking
	(Kitchen)	making			Smoking and	outdoors
	Hazards in the	and wrapping			Alcohol	Afternoon
	Home					garden Party
						(End of
						year project)
7	Cooking	Cooking	Cooking	Cooking	Cooking	Cooking
	Opportunities	Opportunities	<b>Opportunities</b> Air	Opportunities	Opportunities	Opportunities
a.	Iced cup cakes	Vegetable Curry	Fried chips	Bread	Pitta bread pizza	Pasta Dishes
Year			/vegetable			
<b>&gt;</b>						
	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas
	Problem Solving	Problem Solving	Problem Solving	Problem Solving	Problem Solving	Problem Solving
	Cooking	Cooking	Self-Care	Self-Care	Self-Care	Self-Care
	Staying Safe	Staying Safe	Staying Safe	Staying Safe	Staying Safe	Staying Safe
	Being Organised	Being Organised	Being Organised	Being Organise	Wellbeing	Wellbeing
	Home Care	Home Care	Positive Relations	d	Managing	Managing
	Communication	Communication	hips	Positive Relation	Money	Money
	Wellbeing	Wellbeing	Wellbeing	ships	Communication	Communication
	Self-Care	Self-Care	Communication	Wellbeing	Positive Relation	Positive Relation
			Cooking	Communication	ships	ships
				Cooking	Cooking	Cooking



# **CURRICULUM OVERVIEW**

- Route 3 Pupils undertake tasks to EMBED, DEMONSTRATE and APPLY knowledge and understanding through themes and opportunities within the context of the topics.
- Life Skills equip students with the knowledge, understanding, skills and strategies required to live healthy, safe, productive, and balanced lives. Life Skills contributes to personal development by helping pupils to build their confidence and self esteem.
- Topics are guided by the schools underlying aim to prepare our students insofar as possible for independent life
- Pupils gain a range of opportunities and experiences to allow them to progress through school and into post 16 with confidence, aspiration, and recognition of their achievements.
- Pupils develop confidence and self-belief.
- Pupils have the knowledge of personal hygiene and self-care to help them live independently where possible.
- Pupils can make basic meals and beverages.
- Pupils experience and/or partake in cleaning and cooking tasks.
- Pupils gain resilience, problem solving, teamwork and communication skills
- Focus areas include, Problem Solving, Self-Care, Staying Safe, Being Organised, Home Care, Communication,
- Cooking, Wellbeing

# Skills and Knowledge Progression Year 7 & Year 8

# **KNOWLEDGE**

- Basic Personal Hygiene.
- Selfcare and getting dressed.
- Managing Feelings.
- Basic First Aid and Fire Safety.
- Teacher Led, Food Prep and Cooking.
- Basic Road Safety.
- Stranger Danger.
- Hazards and keeping safe.
- Water Safety.

# **SKILLS**

- Cleanliness, hands, teeth and body.
- Tying, folding, and fastening clothes.
- Understanding own feelings and the feelings of others.
- How to clean a wound and administer a plaster.
- Treating small scalds and burns.
- Chopping, slicing, peeling, mixing and simple baking.
- Understanding different modes of travel.
- Understanding who is a stranger.
- RNLI Staying safe around water.

### **SPIRAL**

- Keeping ourselves safe in varied environments.
- Engage with the world around them
- Problem Solving
- Self-Care
- Staying Safe
- Being Organised
- Home Care
- Communication
- Cooking
- Wellbeing



# Skills, Knowledge Progression and Destinations Year 9, Year 10 and Year 11

# **KNOWLEDGE**

- Personal Hygiene.
- Understand behaviour & Consequences.
- Household Maintenance.
- Basic First Aid.
- Group and independent food Prep and Cooking.
- Healthy eating.
- Basic Food.
- Sewing.
- Road Safety.

# **SKILLS**

- Cleanliness, Hands, teeth, body, shoelace tying and understanding body measurements.
- Understand own behaviour, consequences in work related learning.
- Reading Laundry labels and using kitchen equipment safely.
- Treatment of burns, scalds and cuts.
- Following a recipe to create a simple meal.
- Understanding the food groups and selecting healthier options
- Understanding Labels and selecting the correct storage of food.
- Attaching a button and creating a fabric item.
- Exploring our community, crossing roads safely.

### **SPIRAL**

- Sewing How to thread a needle and running stitch.
- Basic Road Safety.
- Fire safety
- Problem Solving
- Self-Care
- Staying Safe
- Being Organised
- Home Care
- Communication
- Cooking
- Wellbeing

## **DESTINATION**

- Working towards independent living skills.
- Being able to make a healthy meal with minimal support safely.
- Looking after oneself and personal safety.