

Life Skills

Subject

Overview

ROUTE 1 – LIFE SKILLS

Year 7 & Year 8

Skills and Knowledge Progression

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

**AUTUMN
HALF TERM 1**

**AUTUMN
HALF TERM 2**

**SPRING
HALF TERM 1**

**SPRING
HALF TERM 2**

**SUMMER
HALF TERM 1**

**SUMMER
HALF TERM 2**

Year 7	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)
	Cooking Opportunities Cakes	Cooking Opportunities <i>Toast/hot drinks</i>	Cooking Opportunities <i>Sweet Pancakes</i>	Cooking Opportunities <i>Bread Making</i>	Cooking Opportunities <i>Pizzas</i>	Cooking Opportunities <i>Savory foods</i>
	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas
	<i>Cleanliness</i> <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Home Care</i> <i>Communication</i> <i>Cooking</i> <i>Wellbeing</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Home Care</i> <i>Communication</i> <i>Cooking</i> <i>Wellbeing</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Positive Relationships</i> <i>Wellbeing</i> <i>Communication</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Positive Relationships</i> <i>Wellbeing</i> <i>Communication</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Managing Money</i> <i>Positive Relationships</i> <i>Cooking</i> <i>Wellbeing</i> <i>Communication</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Managing Money</i> <i>Positive Relationships</i> <i>Cooking</i> <i>Wellbeing</i> <i>Communication</i>

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

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

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

	AUTUMN HALF TERM 1	AUTUMN HALF TERM 2	SPRING HALF TERM 1	SPRING HALF TERM 2	SUMMER HALF TERM 1	SUMMER HALF TERM 2
Year 9	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/budgeting 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)
	Cooking Opportunities <i>Toast/hot drinks</i>	Cooking Opportunities <i>Tortilla pizza</i>	Cooking Opportunities <i>Pancakes/ Yorkshire Puddings</i>	Cooking Opportunities <i>Eggy bread</i>	Cooking Opportunities <i>Jelly/Mousse</i>	Cooking Opportunities <i>Pasta Dishes</i>
	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas
	<i>Problem Solving</i> <i>Cooking</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Home Care</i> <i>Communication</i> <i>Wellbeing</i> <i>Self-Care</i>	<i>Problem Solving</i> <i>Cooking</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Home Care</i> <i>Communication</i> <i>Wellbeing</i> <i>Self-Care</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Positive Relationships</i> <i>Wellbeing</i> <i>Communication</i> <i>Cooking</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Positive Relationships</i> <i>Wellbeing</i> <i>Communication</i> <i>Cooking</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Wellbeing</i> <i>Managing Money</i> <i>Communication</i> <i>Positive Relationships</i> <i>Cooking</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Wellbeing</i> <i>Managing Money</i> <i>Communication</i> <i>Positive Relationships</i> <i>Cooking</i>

Year 10	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/budgeting 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)
	Cooking Opportunities <i>Flapjacks</i>	Cooking Opportunities <i>Savoury waffles</i>	Cooking Opportunities <i>Sweet Waffles</i>	Cooking Opportunities <i>Savoury rolls</i>	Cooking Opportunities <i>Bread pudding</i>	Cooking Opportunities <i>Pasta Dishes</i>
	Focus Areas <i>Problem Solving</i> <i>Cooking</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Home Care</i> <i>Communication</i> <i>Wellbeing</i> <i>Self-Care</i>	Focus Areas <i>Problem Solving</i> <i>Cooking</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Home Care</i> <i>Communication</i> <i>Wellbeing</i> <i>Self-Care</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Positive Relationships</i> <i>Wellbeing</i> <i>Communication</i> <i>Cooking</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Positive Relationships</i> <i>Wellbeing</i> <i>Communication</i> <i>Cooking</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Wellbeing</i> <i>Managing Money</i> <i>Communication</i> <i>Positive Relationships</i> <i>Cooking</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Wellbeing</i> <i>Managing Money</i> <i>Communication</i> <i>Positive Relationships</i> <i>Cooking</i>

Year 11	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/budgeting 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)
	Cooking Opportunities <i>Iced cup cakes</i>	Cooking Opportunities <i>Vegetable Curry</i>	Cooking Opportunities Air <i>Fried chips /vegetable</i>	Cooking Opportunities <i>Bread</i>	Cooking Opportunities <i>Pitta bread pizza</i>	Cooking Opportunities <i>Pasta Dishes</i>
	Focus Areas <i>Problem Solving</i> <i>Cooking</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Home Care</i> <i>Communication</i> <i>Wellbeing</i> <i>Self-Care</i>	Focus Areas <i>Problem Solving</i> <i>Cooking</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Home Care</i> <i>Communication</i> <i>Wellbeing</i> <i>Self-Care</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Positive Relationships</i> <i>Wellbeing</i> <i>Communication</i> <i>Cooking</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Positive Relationships</i> <i>Wellbeing</i> <i>Communication</i> <i>Cooking</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Wellbeing</i> <i>Managing Money</i> <i>Communication</i> <i>Positive Relationships</i> <i>Cooking</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Wellbeing</i> <i>Managing Money</i> <i>Communication</i> <i>Positive Relationships</i> <i>Cooking</i>

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

Cross-Curricular Links

- Route 1 Life Skills, English opportunities to address; Spoken English. Spoken Language. Reading-Word Reading. Reading-Comprehension. Writing-Transcription. Writing-Composition. Writing-VGP.
- Route 1 Life Skills, Maths opportunities to address; Number-Place Value. Number-Addition Subtraction. Number-
- Route 1 Life Skills, Science opportunities to address; Work Scientifically. Experimental Skills and Investigations.
- Route 1 Life Skills, E-safety opportunities to address; Privacy and Security. Managing Online Information.

Destinations

- 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

Year 7 & Year 8

Skills and Knowledge Progression

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
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**AUTUMN
HALF TERM 1**

**AUTUMN
HALF TERM 2**

**SPRING
HALF TERM 1**

**SPRING
HALF TERM 2**

**SUMMER
HALF TERM 1**

**SUMMER
HALF TERM 2**

Year 7	Cleanliness (Body and Hair) Dental Cleanliness Independence Skills Fire Safety Festive Treats and Crafts	<i>Cleanliness (Body and Hair)</i> <i>Dental</i> <i>Cleanliness</i> <i>Independence</i> <i>Skills</i> <i>Fire Safety</i> <i>Festive Treats and Crafts</i>	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)
	Cooking Opportunities <i>Cakes</i>	Cooking Opportunities <i>Toast/hot drinks</i>	Cooking Opportunities <i>Sweet Pancakes</i>	Cooking Opportunities <i>Bread Making</i>	Cooking Opportunities <i>Pizzas</i>	Cooking Opportunities <i>Savory foods</i>
	Focus Areas <i>Cleanliness</i> <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Home Care</i> <i>Communication</i> <i>Cooking</i> <i>Wellbeing</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Home Care</i> <i>Communication</i> <i>Cooking</i> <i>Wellbeing</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Positive Relationships</i> <i>Wellbeing</i> <i>Communication</i> <i>Cooking</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Positive Relationships</i> <i>Wellbeing</i> <i>Communication</i> <i>Cooking</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Managing Money</i> <i>Positive Relationships</i> <i>Cooking</i> <i>Wellbeing</i> <i>Communication</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Managing Money</i> <i>Positive Relationships</i> <i>Cooking</i> <i>Wellbeing</i> <i>Communication</i>

Year 8	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)
	Cooking Opportunities Biscuits	Cooking Opportunities Toast and Topping	Cooking Opportunities Savory Pancakes	Cooking Opportunities Bread Making	Cooking Opportunities Wedges	Cooking Opportunities Sweet foods
	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas	Focus Areas
	<i>Cleanliness</i> <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Home Care</i> <i>Communication</i> <i>Cooking</i> <i>Wellbeing</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Home Care</i> <i>Communication</i> <i>Cooking</i> <i>Wellbeing</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Positive Relationships</i> <i>Wellbeing</i> <i>Communication</i> <i>Cooking</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Positive Relationships</i> <i>Wellbeing</i> <i>Communication</i> <i>Cooking</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Managing Money</i> <i>Positive Relationships</i> <i>Cooking</i> <i>Wellbeing</i> <i>Communication</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Managing Money</i> <i>Positive Relationships</i> <i>Cooking</i> <i>Wellbeing</i> <i>Communication</i>

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

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

	AUTUMN HALF TERM 1	AUTUMN HALF TERM 2	SPRING HALF TERM 1	SPRING HALF TERM 2	SUMMER HALF TERM 1	SUMMER HALF TERM 2
Year 9	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/budgeting 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)
	Cooking Opportunities Toast/hot drinks	Cooking Opportunities Tortilla pizza	Cooking Opportunities Pancakes/ Yorkshire 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
	<i>Problem Solving</i> <i>Cooking</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Home Care</i> <i>Communication</i> <i>Wellbeing</i> <i>Self-Care</i>	<i>Problem Solving</i> <i>Cooking</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Home Care</i> <i>Communication</i> <i>Wellbeing</i> <i>Self-Care</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Positive Relationships</i> <i>Wellbeing</i> <i>Communication</i> <i>Cooking</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Positive Relationships</i> <i>Wellbeing</i> <i>Communication</i> <i>Cooking</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Wellbeing</i> <i>Managing Money</i> <i>Communication</i> <i>Positive Relationships</i> <i>Cooking</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Wellbeing</i> <i>Managing Money</i> <i>Communication</i> <i>Positive Relationships</i> <i>Cooking</i>

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

Year 11	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/budgeting 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)
	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
	<i>Problem Solving</i> <i>Cooking</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Home Care</i> <i>Communication</i> <i>Wellbeing</i> <i>Self-Care</i>	<i>Problem Solving</i> <i>Cooking</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Home Care</i> <i>Communication</i> <i>Wellbeing</i> <i>Self-Care</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Positive Relationships</i> <i>Wellbeing</i> <i>Communication</i> <i>Cooking</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Positive Relationships</i> <i>Wellbeing</i> <i>Communication</i> <i>Cooking</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Wellbeing</i> <i>Managing Money</i> <i>Communication</i> <i>Positive Relationships</i> <i>Cooking</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Wellbeing</i> <i>Managing Money</i> <i>Communication</i> <i>Positive Relationships</i> <i>Cooking</i>

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

Cross-Curricular Links

- Route 2 Life Skills, English opportunities to address; Spoken English. Spoken Language. Reading-Word Reading. Reading-Comprehension. Writing-Transcription. Writing-Composition. Writing-VGP.
- Route 2 Life Skills, Maths opportunities to address; Number-Place Value. Number-Addition Subtraction. Number-Multiplication and Division. Measurement. Geometry-Shape. Geometry-Position Direction.
- Route 2 Life Skills, Science opportunities to address; Work Scientifically. Experimental Skills and Investigations.
- Route 2 Life Skills, E-safety opportunities to address; Online Relationships. Online Reputation. Online Bullying. Health, Well-being and Lifestyle. Privacy and Security. Managing Online Information.

Destinations

- 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

Year 7 & Year 8

Skills and Knowledge Progression

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

**AUTUMN
HALF TERM 1**

**AUTUMN
HALF TERM 2**

**SPRING
HALF TERM 1**

**SPRING
HALF TERM 2**

**SUMMER
HALF TERM 1**

**SUMMER
HALF TERM 2**

Year 7	Cleanliness (Body and Hair) Dental Cleanliness Independence Skills Fire Safety Festive Treats and Crafts	<i>Cleanliness (Body and Hair)</i> <i>Dental</i> <i>Cleanliness</i> <i>Independence Skills</i> <i>Fire Safety</i> <i>Festive Treats and Crafts</i>	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)
	Cooking Opportunities <i>Cakes</i>	Cooking Opportunities <i>Toast/hot drinks</i>	Cooking Opportunities <i>Sweet Pancakes</i>	Cooking Opportunities <i>Bread Making</i>	Cooking Opportunities <i>Pizzas</i>	Cooking Opportunities <i>Savory foods</i>
	Focus Areas <i>Cleanliness</i> <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Home Care</i> <i>Communication</i> <i>Cooking</i> <i>Wellbeing</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Home Care</i> <i>Communication</i> <i>Cooking</i> <i>Wellbeing</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Positive Relationships</i> <i>Wellbeing</i> <i>Communication</i> <i>Cooking</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Positive Relationships</i> <i>Wellbeing</i> <i>Communication</i> <i>Cooking</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Managing Money</i> <i>Positive Relationships</i> <i>Cooking</i> <i>Wellbeing</i> <i>Communication</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Managing Money</i> <i>Positive Relationships</i> <i>Cooking</i> <i>Wellbeing</i> <i>Communication</i>

Year 8	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)
	Food: Biscuits	Food: Toast and Topping	Food: Savory Pancakes	Food: Bread Making	Food: Wedges	Food: Sweet foods
	Focus Areas <i>Cleanliness</i> <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Home Care</i> <i>Communication</i> <i>Cooking</i> <i>Wellbeing</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Home Care</i> <i>Communication</i> <i>Cooking</i> <i>Wellbeing</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Positive Relationships</i> <i>Wellbeing</i> <i>Communication</i> <i>Cooking</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Positive Relationships</i> <i>Wellbeing</i> <i>Communication</i> <i>Cooking</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Managing Money</i> <i>Positive Relationships</i> <i>Cooking</i> <i>Wellbeing</i> <i>Communication</i>	Focus Areas <i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Managing Money</i> <i>Positive Relationships</i> <i>Cooking</i> <i>Wellbeing</i> <i>Communication</i>

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

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

	AUTUMN HALF TERM 1	AUTUMN HALF TERM 2	SPRING HALF TERM 1	SPRING HALF TERM 2	SUMMER HALF TERM 1	SUMMER HALF TERM 2
Year 9	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/budgeting 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)
	Cooking Opportunities Toast/hot drinks	Cooking Opportunities Tortilla pizza	Cooking Opportunities Pancakes/ Yorkshire 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
	<i>Problem Solving</i> <i>Cooking</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Home Care</i> <i>Communication</i> <i>Wellbeing</i> <i>Self-Care</i>	<i>Problem Solving</i> <i>Cooking</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Home Care</i> <i>Communication</i> <i>Wellbeing</i> <i>Self-Care</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Positive Relationships</i> <i>Wellbeing</i> <i>Communication</i> <i>Cooking</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Being Organised</i> <i>Positive Relationships</i> <i>Wellbeing</i> <i>Communication</i> <i>Cooking</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Wellbeing</i> <i>Managing Money</i> <i>Communication</i> <i>Positive Relationships</i> <i>Cooking</i>	<i>Problem Solving</i> <i>Self-Care</i> <i>Staying Safe</i> <i>Wellbeing</i> <i>Managing Money</i> <i>Communication</i> <i>Positive Relationships</i> <i>Cooking</i>

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

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

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
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Cross-Curricular Links

- Route 3 Life Skills, English opportunities to address; Spoken English. Spoken Language. Reading-Word Reading. Reading-Comprehension. Writing-Transcription. Writing-Composition. Writing-VGP.
- Route 3 Life Skills, Maths opportunities to address; Number-Place Value. Number-Addition Subtraction. Number-Multiplication and Division. Number-Fractions. Measurement. Geometry-Shape. Geometry-Position Direction.
- Route 3 Life Skills, Science opportunities to address; Work Scientifically. Experimental Skills and Investigations. Analysis and Evaluation. Measurement. Vocabulary Units Symbols.
- Route 3 Life Skills, E-safety opportunities to address; Online Bullying. Health, Well-being and Lifestyle. Privacy and Security. Managing Online Information.

Destinations

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