Pupils will cover these topics throughout KS3, KS4 & KS5 based on attainment & progression.

LIFE SKILLS

Curriculum Map: Year K3/4/5

SELF CARE SUPPORT & SAFETY

Personal Hygiene

- Looking after my body; Hair, Teeth, Washing.
- Personal Hygiene.
- Clothing.

Daily Routine

- Daily routine.
- Calendars/Reminders to manage daily responsibilities.
- Woodlodge; Home skills.

Trusted Adults

- Who keeps me safe?.
- When and how to ask for help.
- Understanding safeguarding support networks /boundaries.

Using Services

- Role play visits to local facilities Doctors, Dentist, Pharmacy.
- Booking appointments.
- Calling 111, GP etc.

Basic First Aid

- What to do if someone or you gets hurt.
- Feeling unwell.
- Bandaging and simple scenarios.
- What do in an emergency.
- First Aid workshops.

COMMUNITY AWARENESS

Rules & Responsibilities

- Classroom rules.
- Public expectations.
- Rights and responsibilities in public and shared spaces.

Local community

- Identifying local places we use; shops, park etc.
- Who helps us?
- Using symbols, maps to plan a walk.
- Reading maps, timetables.
- Plan a local visit.

Money in the community

- Role play using coins/notes.
- Paying for an item in the shop.
- Visit a café.
- Budgeting, using a shopping list.

Public behaviour

- Greeting someone appropriately.
- Being polite in shops, using quiet voices in public.
- Practice social cues.

Road Safety

- Green Cross Code
- Use local roads safely
- Using public transport safely, travel training.

EMPLOYABILITY

Job Awareness

- Different jobs
- Sorting job types.
- Research jobs.
- Skills & Qualities.

Workplace behaviour

- Listening & turn taking.
- Following simple instructions.
- Timekeeping, dress code, workplace expectations.

Communication skills

- Asking for help.
- Using visuals to communicate.
- Problem solving.

Workplace Tasks

- Completing simple tasks.
- Following two step instructions.
- Using checklists.
- Volunteering in school and local community.

Safety at work

- Understanding Health & Safety.
- Identifying Risks and Hazards.
- Reporting accidents.

Routes into work

- What is school for?.
- College and job aspirations.
- Understanding CVs, Interviews, supported internships, volunteering.