



Long Term Planning Horizons Pathway Independent Living Skills

Curriculum Intent

Chadsgrove's Post-14 Independent Living Skills curriculum forms a key part of the Preparing for Adulthood framework and is designed to support students to develop the practical skills needed for everyday life. The curriculum aims to enable all students to lead as independent and fulfilling a life as possible, with growing confidence across a range of environments.

Through meaningful and relevant learning experiences, students develop skills across key areas including home management, cooking and personal skills. This supports them to maintain safe and hygienic living spaces, prepare simple meals and respond to everyday situations with increasing independence and confidence.

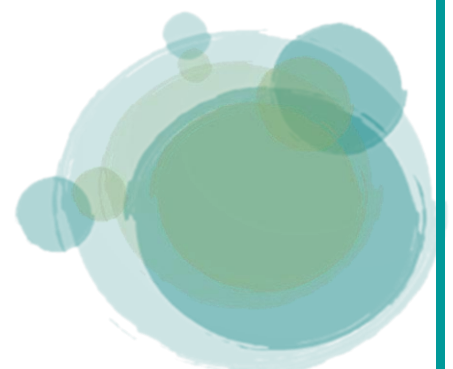
The curriculum is personalised to reflect the individual needs, abilities and aspirations of each student, ensuring that learning is purposeful and accessible. Our intention is for students to apply their skills in real-life contexts, both within school and in the community, building independence over time. Through this approach, we aim to prepare students for their next steps, including further education, supported living and greater participation in adult life.

Curriculum Implementation

The Post-14 Independent Living Skills curriculum is delivered through a structured and highly personalised approach, ensuring that all students can access learning that is relevant to their needs and future pathways. Students follow individualised programmes linked to their EHCP outcomes, with learning carefully adapted to support engagement, independence and progress.

Teaching focuses on three key areas: home management, cooking and personal skills. Students develop practical skills such as cleaning, organising and maintaining a safe living environment, alongside preparing food and following simple recipes. Personal skills are developed through activities that support problem-solving, decision-making, managing everyday situations, making choices and interacting with others.

Where appropriate, students work towards appropriate accredited pathways, including OCR Life and Living Skills units at levels suited to their abilities. Learning is delivered through practical, hands-on experiences, with regular opportunities to practise and apply skills in meaningful contexts.



Horizons Aspire:

Autumn: Cooking	Spring: Home Management	Summer: Personal Skills
OCR D10 Following a simple recipe (E2) OCR D16 Basic Food Preparation (E3)	Life Skills Room Students will use the Life Skills Room to develop their home management skills • Cleaning • Laundry • Making beds • Hanging clothes • Folding bed sheets	OCR M13 Developing Self (E2) OCR M23 Developing Self (E3)

Horizons Living:

Autumn: Cooking	Spring: Home Management	Summer: Personal Skills
Students will have the opportunity to plan and prepare a range of snacks and drinks of their choice OCR D3 Using shopping facilities (D3) OCR D12 Shopping for daily living (E2)	Life Skills Room Students will use the Life Skills Room to develop their home management skills • Cleaning • Laundry • Making beds • Hanging clothes • Folding bed sheets	OCR M2 Developing self awareness all about me (E1) OCR M13 Developing Self (E2)

Horizons Connect:

Autumn: Arts and Crafts	Spring: Controlling my environment	Summer: Making choices in personal care
Students participate in a range of arts and crafts activities, with the opportunity to make choice with increased independence and autonomy	Household tasks such as turning on lights, fans, heaters. Playing music of choice	Making Choices Personal Care: • Hair washing • Choosing outfits • Choosing toiletries • Learning personal care routines

Curriculum Impact

Through the Post-14 Independent Living Skills curriculum, students engage in meaningful and personalised learning that supports the development of practical skills for everyday life. They build confidence in applying these skills in real-life contexts, demonstrating increasing independence in areas such as home management, food preparation and personal decision-making.

Students are able to apply their learning across a range of situations, both within school and in the community, supporting them to manage aspects of daily living more independently. Over time, they show greater confidence, resilience and problem-solving skills, enabling them to respond more effectively to everyday challenges.

Students achieve outcomes appropriate to their individual pathways, including progress towards Preparing for Adulthood and independent living targets, alongside accredited unit work where relevant. These achievements support their transition into adult life, including further education, supported living and greater independence.