



Post-16 Curriculum Long Term Planning: Independent Living Skills

Curriculum Intent

The Post-16 Independent Living Skills curriculum at Chadsgrove School is part of the 'Independent Living' section of the Preparing for Adulthood Framework. We aim for all pupils to develop functional skills for living so that each individual is able to lead a fulfilling adult life, with increasing independence and confidence, in a range of environments.

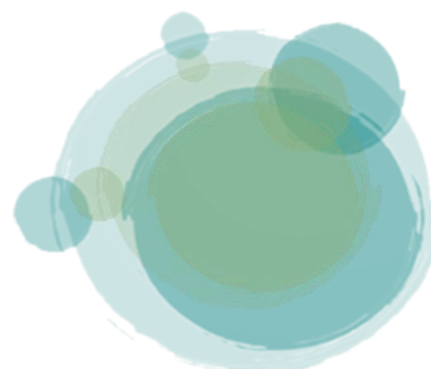
The Post-16 Independent Living Skills curriculum aims to prepare pupils for adulthood through three key areas; Home Management, Cooking and Personal Skills. During Home Management, pupils develop skills towards maintaining a safe, tidy and hygienic home. During Personal Skills, pupils develop skills to navigate problematic situations with greater confidence and independence. During Cooking, pupils follow instructions to create healthy and nutritious meals and snacks whilst maintaining a safe and tidy work area.

Pupils following the Formal Pathway work towards OCR Life and Living Skills units at Entry Level 2 and 3. Pupils following the Semi-Formal Pathway work towards OCR Life and Living Skills units at Entry Level 1 and 2. Pupils opting to take the Duke of Edinburgh (D of E) Award follow the D of E Award Pathway. All pupils follow personalised learning outcomes, in line with their EHCP targets, to enable appropriate delivery of sessions based on pupils' individual needs and abilities.

Curriculum Implementation

Formal Pathway (Friday PM):

Autumn 2023: Home Management	Spring 2024: Personal Skills	Summer 2024: Cooking
Health and Hygiene <ul style="list-style-type: none">- Using appliances/chemicals safely- Cleaning- Laundry OCR Unit D11 Understanding how to clean the home (E2) OCR Unit D13 Cleaning, washing drying and storage (E2) OCR Unit D14 Household cleaning (E3)	Developing flexibility (transition) and resilience OCR Unit M14 Dealing with problems in daily life (E2) OCR Unit M24 Dealing with problems in daily life (E3) Suggested Texts: BBW A New Home in the Community BBW Peters New Home BBW Feeling Cross and Sorting it Out BBW Ron's Feeling Blue BBW Sonia's Feeling Sad	Preparing simple, nutritious meals <ul style="list-style-type: none">- Using appliances- Making a meal- Following a simple recipe Safety in the kitchen <ul style="list-style-type: none">- Keeping a tidy work area- Washing & drying up- Tidying away equipment- Using a washing machine- Changing the bins- Recycling and waste disposal Suggested Texts: BBW Cooking with Friends



Semi-Formal Pathway (Friday PM):

Autumn 2023: Cooking	Spring 2024: Personal Skills	Summer 2024: Home Management
<p>Preparing simple nutritious snacks and drinks</p> <ul style="list-style-type: none"> - Using appliances - Following simple instructions in the kitchen <p>Safety in the kitchen</p> <ul style="list-style-type: none"> - Tidying away equipment - Washing & drying up - Cleaning up spillages - Sanitising work areas - Using a washing machine - Changing the bins - Recycling and waste disposal <p>Suggested Texts: BBW Cooking with Friends</p>	<p>Developing flexibility (transition) and resilience</p> <p>OCR Unit M07 Dealing with problems (E1)</p> <p>OCR Unit M14 Dealing with problems in daily life (E2)</p> <p>Suggested Texts: BBW A New Home in the Community BBW Peters New Home BBW Ron's Feeling Blue BBW Sonia's Feeling Sad</p>	<p>Health and Hygiene</p> <ul style="list-style-type: none"> - Why should we keep our bedroom tidy - Hazards - Making the bed - Changing the bed - Washing Machine - Putting clothes away correctly - Why do we clean - Hoovering - Dusting - Wiping surfaces <p>OCR Unit D5 Participating in carrying out household tasks (E1)</p> <p>OCR Unit D11 Understanding how to clean the home (E2)</p> <p>OCR Unit D13 Cleaning, washing drying and storage (E2)</p>

Semi-Formal Pathway (Tuesday AM Food Technology):

Autumn 2023: Breakfast	Spring 2024: Lunch	Summer 2024: Dinner
<p>OCR Unit D1 Planning and preparing a simple meal (E1)</p> <p>OCR Unit D10 Following a simple recipe (E2)</p>	<p>OCR Unit D1 Planning and preparing a simple meal (E1)</p> <p>OCR Unit D10 Following a simple recipe (E2)</p>	<p>OCR Unit D1 Planning and preparing a simple meal (E1)</p> <p>OCR Unit D10 Following a simple recipe (E2)</p>

Curriculum Impact

Post-16 pupils engage in appropriate, meaningful and personalised Independent Living Skills sessions. They develop the skills and confidence to apply these in real life contexts, with increasing independence, in order to become as self-sufficient as possible. Pupils gain evidence to support individual preparing for adulthood/independent living skills targets and/or relevant OCR Life and Living skills units in independent living skills work folders. The development of these skills run throughout the whole Post-16 curriculum with an emphasis being placed on practicing practical skills in specific Independent Living Skills sessions.

