



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 Cooking, pupils follow instructions to create healthy and nutritious meals and snacks whilst maintaining a safe and tidy work area. During Personal Skills, pupils develop skills to navigate problematic situations with greater confidence and independence.

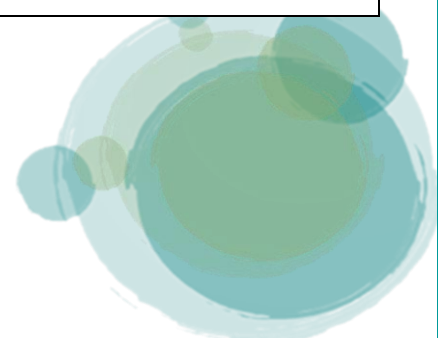
Pupils following the Formal Pathway work towards OCR Life and Living Skills units at Entry Level 2 and 3. Pupils following the Semi-Formal Pathway work towards OCR Life and Living Skills units at Entry Level 1 and 2. All pupils follow personalised learning outcomes, in line with their EHCP targets, to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

Curriculum Implementation

Formal Pathway:

Autumn 2024: Home Management	Spring 2025: Cooking	Summer 2025: Personal Skills
<p>Life Skills Room</p> <p>Pupils will use the Life Skills Room to develop their home management skills</p> <ul style="list-style-type: none"> • Cleaning • Laundry • Making beds • Hanging clothes • Folding bed sheets <p>OCR Unit D13 Cleaning, washing drying and storage (E2)</p> <p>OCR Unit D14 Household cleaning (E3)</p>	<p>Preparing simple, nutritious meals</p> <ul style="list-style-type: none"> - Using appliances - Making a meal - Following a simple recipe <p>Safety in the kitchen</p> <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 <p>OCR Unit D10 Following a simple recipe (E2)</p> <p>OCR Unit D16 Basic food preparation (E3)</p> <p>Suggested Texts: BBW Cooking with Friends</p>	<p>Developing organisational skills</p> <p>Pupils will develop their organisational skills which will empower them to take control of their own learning and responsibilities. As they navigate the challenges of Post-16 education, they will become more self-reliant and capable of managing their academic and personal lives effectively</p> <p>Skills:</p> <ul style="list-style-type: none"> • Creating a plan • Identifying key tasks • Breaking down tasks into smaller steps • Creating and using a checklist

Semi-Formal Pathway:



Autumn 2024: Cooking	Spring 2025: Home Management	Summer 2025: Personal Skills
<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>OCR Unit D4 Selecting and using cooking equipment (E1)</p> <p>OCR Unit D10 Following a simple recipe (E2)</p> <p>Suggested Texts: BBW Cooking with Friends</p>	<p>Life Skills Room</p> <p>Pupils will use the life skills room to develop their home management skills</p> <ul style="list-style-type: none"> Cleaning Laundry Making beds Hanging clothes Folding bed sheets <p>OCR Unit D5 Participating in carrying out household tasks (E1)</p> <p>OCR Unit D13 Cleaning, washing drying and storage (E2)</p>	<p>Developing organisational skills</p> <p>Pupils will develop their organisational skills which will empower them to take control of their own learning and responsibilities. As they navigate the challenges of Post-16 education, they will become more self-reliant and capable of managing their academic and personal lives effectively</p> <p>Skills:</p> <ul style="list-style-type: none"> Creating a plan Identifying key tasks Breaking down tasks into smaller steps Creating and using a checklist

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.

