



Post-14 Curriculum Long Term Planning: Independent Living Skills

Curriculum Intent

The Post-14 Independent Living Skills curriculum at Chadsgrove School is part of the 'Independent Living' section of the Preparing for Adulthood Framework. We aim for all students 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-14 Independent Living Skills curriculum aims to prepare students for adulthood through three key areas: Home Management, Cooking and Personal Skills. During Home Management, students develop skills towards maintaining a safe, tidy and hygienic home. During Cooking, students follow instructions to create healthy and nutritious meals and snacks whilst maintaining a safe and tidy work area. During Personal Skills, students develop skills to navigate problematic situations with greater confidence and independence.

Students in Horizons Aspire work towards OCR Life and Living Skills units at Entry Level 2 and 3. Students in Horizons Living work towards OCR Life and Living Skills units at Entry Level 1 and 2. All students follow personalised learning outcomes, in line with their EHCP targets, to enable appropriate delivery of sessions based on students' individual needs and abilities.

While this curriculum is designed for Post-14 students, adaptations will be made to ensure that any pre-16 students accessing the provision can engage with and benefit from a suitably tailored version of the curriculum.

Curriculum Implementation

Horizons Aspire:

Autumn: Home Management	Spring: Cooking	Summer: Personal Skills
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 D11 Understanding how to clean the home (E2) OCR Unit D14 Household cleaning (E3)	Preparing simple, nutritious meals - Using appliances - Making a meal - Following a simple recipe Safety in the kitchen - Keeping a tidy work area - Washing & drying up - Tidying away equipment - Using a washing machine - Changing the bins - Recycling and waste disposal OCR D8 Food Safety and storage (E2) OCR D15 Food hygiene and safety (E3) Suggested Texts: BBW Cooking with Friends	Developing organisational skills Students will develop their organisational skills which will empower them to take control of their own learning and responsibilities. As they navigate the challenges of Preparing for Adulthood education, they will become more self-reliant and capable of managing their academic and personal lives effectively Skills: - Creating a plan - Identifying key tasks - Breaking down tasks into smaller steps - Creating and using a checklist

Horizons Living:

Autumn: Cooking	Spring: Home Management	Summer: Personal Skills
Preparing simple nutritious snacks and drinks • Using appliances • Following simple instructions in the kitchen Safety in the kitchen • Tidying away equipment • Washing & drying up • Cleaning up spillages • Sanitising work areas • Using a washing machine • Changing the bins • Recycling and waste disposal OCR Unit D6 Preparing drinks and snacks (E1) OCR Unit D9 Recycling, managing waste (E2) Suggested Texts: BBW Cooking with Friends	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 Unit D5 Participating in carrying out household tasks (E1) OCR Unit D13 Cleaning, washing drying and storage (E2)	Developing organisational skills Students will develop their organisational skills which will empower them to take control of their own learning and responsibilities. As they navigate the challenges of Preparing for Adulthood education, they will become more self-reliant and capable of managing their academic and personal lives effectively Skills: • Creating a plan • Identifying key tasks • Breaking down tasks into smaller steps • Creating and using a checklist

Curriculum Impact

Post-14 students 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. Students 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-14 curriculum with an emphasis being placed on practicing practical skills in specific Independent Living Skills sessions.

