

Life Skills 2 Year Plan Cycle

| Cycle 1 2022-23 | | | |
|---|---|---|---|
| Autumn Term (1) | Autumn Term (2) | Spring Term (1) | Spring Term (2) |
| Domestic: Kitchen Skills | Health: Diet and Exercise | Social: Community Inclusion | Financial: Shopping |
| <p>Beginner</p> <p>Following instructions during cooking activities</p> <p>Use a spreading knife to spread and cut toast,</p> <p>Opening containers and replacing lids</p> <p>Use a spreading knife to slice and chop soft fruit into a fruit salad</p> | <p>Beginner</p> <p>Making food choices</p> <p>Participating in regular exercise</p> <p>To handle, experience and taste (healthy) food</p> <p>To know why we eat and drink</p> | <p>Beginner</p> <p>Lining up and walking in a group</p> <p>Exploring the school grounds as a group</p> <p>Treasure hunts to explore school grounds</p> <p>Identifying own preferred activities</p> | <p>Beginner</p> <p>Sorting and matching items</p> <p>Shop role play</p> <p>Make a shopping list</p> |
| <p>Experienced</p> <p>Make a cheese sandwich</p> <p>Make a drink of squash</p> <p>Prepare a bowl of breakfast cereal</p> <p>Make instant whip</p> <p>Making toast independently</p> <p>Wash pots</p> <p>Making a smoothie</p> | <p>Experienced</p> <p>Identifying reasons for needing a healthy diet</p> <p>Identifying reasons for needing exercise</p> <p>Recognising food in different states</p> <p>Storing and handling food</p> <p>Understanding food labels</p> | <p>Experienced</p> <p>Walking together in a group outside of school</p> <p>Crossing the road safely as a group</p> <p>Identifying safe places to cross</p> <p>Looking both ways</p> <p>Finding way to a familiar location</p> | <p>Experienced</p> <p>Shop role play</p> <p>Write a shopping list</p> <p>Names of different shops</p> <p>Identifying where we buy different things</p> <p>Visiting shops</p> |
| <p>Expert</p> <p>Working with electrical equipment</p> <p>Making a toasted sandwich</p> <p>Using a kettle</p> <p>Making a cup of tea or hot chocolate etc.</p> <p>Opening a can</p> <p>Using a single hotplate on a hob</p> <p>Using an air fryer</p> <p>Using a conventional grill</p> <p>Using an electric whisk</p> | <p>Expert</p> <p>Meal planning</p> <p>Creating an exercise plan</p> <p>Identifying healthy food choices</p> <p>Exploring the concept of a healthy lifestyle</p> <p>Exploring the concept of developing leisure interests around move, eat, sleep and relax</p> | <p>Expert</p> <p>Knowing different types of crossings</p> <p>Crossing a road independently</p> <p>Catching a bus with support</p> <p>Remember a route to a familiar destination</p> <p>Planning a journey</p> <p>Knows where to access advice and support about planning for the future</p> <p>Finding way to an unfamiliar location</p> | <p>Expert</p> <p>Comparing prices</p> <p>Understanding value of money (notes/coins) – what can you buy with x amount</p> <p>Change</p> <p>Paying for things in real life</p> <p>Budgeting</p> <p>Bank accounts</p> |

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| Cycle 1 2022-23 | | Cycle 2 2023-24 | |
|---|---|---|---|
| Summer Term (1) | Summer Term (2) | Autumn Term (1) | Autumn Term (2) |
| Domestic: Personal Care | Health: Wellbeing | Social: Relationships | Financial: Managing Money |
| Beginner Washing hands Brushing teeth Toileting Getting dressed independently | Beginner To know how to calm down when feeling sad Shows caution in relation to hot items Recognises when food is not safe to eat Recognising and valuing oneself | Beginner Sharing activities Interactive exchanges Making appropriate requests Asking for help Understanding instructions | Beginner Counting, addition and division Playing with coins Recognising coins |
| Experienced Learning more about teeth and oral hygiene Spreading germs Organising own things Tying shoe laces Brushing hair | Experienced Following 'rules' for keeping safe in the home Following safety instructions for using equipment Choosing to say 'No' to risks or suggestions proposed by others Understanding methods for dealing with anxiety and stress Identifying situations that require privacy Recognising and accepting similarities and differences between people | Experienced Identifying potential 'safe' people Asking questions Expressing opinions Identifying healthy relationships Identifying different emotions in self and others | Experienced Recognising coins and notes Putting coins in order of value Role play buying things Change |
| Expert Why we need to shower regularly (link to puberty) Washing clothes Girls – feminine hygiene | Expert Knowing where to seek advice and support concerning sexual health Exploring ones own interests Sharing interests with others Developing self-esteem and resilience Recognising signs of mental health difficulties | Expert Making / receiving calls Understanding appropriate types of speech Taking account of the needs of others Sustaining positive relationships Communicating within groups Positive involvement with social media | Expert Comparing prices Buying things independently Comparing different products Online shopping Understanding the function of a bank account |

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| Cycle 2 2023-24 | | | |
|---|---|--|---|
| Spring Term (1) | Spring Term (2) | Summer Term (1) | Summer Term (2) |
| Domestic: Household Routines | Health: Medicine | Social: Communication | Financial: Employment |
| Beginner Putting toys away Picking up litter Tidy the class | Beginner To be able to tell someone you are feeling poorly To know that medicines should only be given to you by a grown up | Beginner I want.. Communications Identifying likes and dislikes Following simple instructions Gaining the attention of another person Communicating 'no' | Beginner Identifying that adults have jobs Role play activities |
| Experienced Collecting equipment and putting away Washing pots Wiping/cleaning surfaces after activity Making a bed Tidy a room independently | Experienced To be able to deal with minor cuts Knowing that germs and bacteria can cause sickness Identifying illegal/legal drugs | Experienced Engaging in conversation Extending communicative engagements Retelling stories Initiating greetings Identifying signs and symbols in the community Knowing the difference between 'I don't want' and 'I don't need' | Experienced Identifying different sorts of jobs Identifying that jobs need skills and qualifications Express preferences around jobs Understand the role of training and Post 16 |
| Expert Using a washing machine Folding clothes Ironing Organising clothes Using a vacuum cleaner Dusting | Expert To be able to deal with burns to the skin To be able to deal with major accidents Understands the consequences of possessing or taking illegal drugs Making medical appointments Visiting the dentist Contacting emergency services | Expert Responding appropriately Extending formal greetings Extending greetings into conversation with unfamiliar adults Communicating with others not immediately present | Expert Identifying possible jobs and/or training for post 16 Identify routes and destinations into training and employment Expectations around job applications - CVs, interviews etc. Work experience Visiting possible employers and training centres |