

Life Skills Curriculum

Intent -

- To teach learners basic life-skills and play an active role in the community.
- To broaden the expectations and experiences of learners.
- To develop problem-solving/thinking skills.
- To have fun whilst learning new skills.
- To develop social skills (independent and co-operative).
- To give learners an understanding of the changes they will go through as they grow older.
- To develop an appreciation of wider opportunities and aspirations.
- To prepare learners for adult life and the decisions and choices they will encounter
- To ensure learners know how to live a healthy lifestyle and to be safe in the community
- To teach correct social etiquette in society/ the workplace.
- To prepare learners for living in a society where people are all different and have an understanding of how to deal with other people's differences.

Self determination and self-management will underpin this curriculum. Learners will learn about themselves, their strengths and their limitations, setting goals and priorities. Learners will manage their time, learn from their mistakes and advocate for themselves and others. Learners will be given opportunities to express their feelings and opinions and reflect on them.

Long Term Plan

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
My social life	My Personal care and health	My safety	My play and leisure	My independence	My travelling
Thinking and problem solving Changes and transitions Social skills	Dressing and appearance Home management	Safety at home and school Safety with people	Social skills and the community	Cooking Budgeting Shopping	Road safety Planning journeys Travelling and commuting