

## KS3 Curriculum overview: *Life Skills*

	Year 7	Year 8	Year 9
Autumn 1	<b>Looking After Myself</b> <ul style="list-style-type: none"> <li>• Independence in basic hygiene</li> <li>• Simple dressing skills</li> <li>• Knowledge of personal medical needs and allergies</li> </ul>	<b>Looking Good and Taking Charge</b> <ul style="list-style-type: none"> <li>• Basic hair care</li> <li>• Medium dressing skills such as tying a tie and show laces</li> <li>• Organisation for school</li> <li>• Knowledge of allergies and dietary needs</li> </ul>	<b>Being Responsible</b> <ul style="list-style-type: none"> <li>• Identifying medical needs acute and chronic</li> <li>• School organization</li> <li>• Following a timetable independently</li> </ul>
Autumn 2	<b>Looking After Myself</b> <ul style="list-style-type: none"> <li>• Independence in basic hygiene</li> <li>• Simple dressing skills</li> <li>• Knowledge of personal medical needs and allergies</li> <li>• <b>Online Safety</b></li> </ul>	<b>Looking Good and Taking Charge</b> <ul style="list-style-type: none"> <li>• Basic hair care</li> <li>• Medium dressing skills such as tying a tie and show laces</li> <li>• Organisation for school</li> <li>• Knowledge of allergies and dietary needs</li> <li>• <b>Online safety</b></li> </ul>	<b>Being Responsible</b> <ul style="list-style-type: none"> <li>• Identifying medical needs acute and chronic</li> <li>• School organization</li> <li>• Following a timetable independently</li> <li>• <b>Online safety</b></li> </ul>
Spring 1	<b>My Space</b> <ul style="list-style-type: none"> <li>• Tidying my bedroom</li> <li>• Clothes and hygiene</li> <li>• Clothes – choosing and maintaining</li> </ul>	<b>My Tasks</b> <ul style="list-style-type: none"> <li>• Changing my bed</li> <li>• Bathroom hygiene</li> <li>• Food choices</li> </ul>	<b>Our Space</b> <ul style="list-style-type: none"> <li>• Cleaning the kitchen</li> <li>• Basic food preparation</li> <li>• Safety in the kitchen</li> </ul>
Spring 2	<b>My Space</b> <ul style="list-style-type: none"> <li>• Tidying my bedroom</li> <li>• Clothes and hygiene</li> <li>• Clothes – choosing and maintaining</li> <li>• <b>Online Safety</b></li> </ul>	<b>My Tasks</b> <ul style="list-style-type: none"> <li>• Changing my bed</li> <li>• Bathroom hygiene</li> <li>• Food choices</li> <li>• <b>Online Safety</b></li> </ul>	<b>Our Space</b> <ul style="list-style-type: none"> <li>• Cleaning the kitchen</li> <li>• Basic food preparation</li> <li>• Safety in the kitchen</li> <li>• <b>Online safety</b></li> </ul>
Summer 1	<b>When I'm Out</b> <ul style="list-style-type: none"> <li>• Independent skills in a restaurant or café</li> <li>• Knowledge of facilities in Oxted.</li> <li>• Basic road crossing skills</li> <li>• Posting a letter</li> </ul>	<b>My Local Community</b> <ul style="list-style-type: none"> <li>• Basic road safety</li> <li>• Behaviour in the community</li> <li>• Identifying safe strangers</li> <li>• Basic shopping skills</li> </ul>	<b>The High Street</b> <ul style="list-style-type: none"> <li>• Basic travel skills including buying a train ticket and using the electronic travel board.</li> <li>• Oxted high street navigation</li> <li>• Shopping skills including different ways to pay</li> </ul>

<b>Summer 2</b>	<b>When I'm Out</b> <ul style="list-style-type: none"> <li>• Independent skills in a restaurant or café</li> <li>• Knowledge of facilities in Oxted.</li> <li>• Basic road crossing skills</li> <li>• Posting a letter</li> <li>• <b>Stranger safety</b></li> </ul>	<b>My Local Community</b> <ul style="list-style-type: none"> <li>• Basic road safety</li> <li>• Behaviour in the community</li> <li>• Identifying safe strangers</li> <li>• Basic shopping skills</li> <li>• <b>Stranger safety</b></li> </ul>	<b>The High Street</b> <ul style="list-style-type: none"> <li>• Basic travel skills including buying a train ticket and using the electronic travel board.</li> <li>• Oxted high street navigation</li> <li>• Shopping skills including different ways to pay</li> <li>• <b>Stranger safety</b></li> </ul>
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<b>KS4 Curriculum overview: <i>Subject</i></b>		
	<b>Year 10</b>	<b>Year 11</b>
<b>Autumn 1</b>	<b>My Identity</b> <ul style="list-style-type: none"> <li>• Medication management</li> <li>• Personal information</li> <li>• Independent use of a pharmacy</li> <li>• Diary management</li> </ul>	<ul style="list-style-type: none"> <li>• College Placement</li> </ul>
<b>Autumn 2</b>	<b>My Identity</b> <ul style="list-style-type: none"> <li>• Medication management</li> <li>• Personal information</li> <li>• Independent use of a pharmacy</li> <li>• Diary management</li> <li>• <b>Online safety</b></li> </ul>	<ul style="list-style-type: none"> <li>• College Placement</li> </ul>
<b>Spring 1</b>	<b>Kitchen Skills</b> <ul style="list-style-type: none"> <li>• Kitchen safety</li> <li>• Knife safety</li> <li>• Using electrical appliances in the kitchen</li> <li>• Basic measurements in cooking</li> </ul>	<ul style="list-style-type: none"> <li>• College Placement</li> </ul>
<b>Spring 2</b>	<b>Kitchen Skills</b> <ul style="list-style-type: none"> <li>• Kitchen safety</li> <li>• Knife safety</li> <li>• Using electrical appliances in the kitchen</li> <li>• Basic measurements in cooking</li> <li>• <b>Online Safety</b></li> </ul>	<ul style="list-style-type: none"> <li>• College Placement</li> </ul>

<b>Summer 1</b>	<b>The Wider Community</b> <ul style="list-style-type: none"><li>• Money management</li><li>• Travel planning</li><li>• Independent travel</li><li>• Basic map skills</li></ul>	<ul style="list-style-type: none"><li>• College Placement</li></ul>
<b>Summer 2</b>	<b>The Wider Community</b> <ul style="list-style-type: none"><li>• Money management</li><li>• Travel planning</li><li>• Independent travel</li><li>• Basic map skills</li><li>• <b>Stranger safety</b></li></ul>	<ul style="list-style-type: none"><li>• College Placement</li></ul>