

		Maths Life Skills			English Life Skills	Computing	Careers Link	S&RE	AET						Life Skills Topics	
									Number	Money	Time	Communication	Leisure	Personal care	Independent living	Personal safety
Cycle 1	Sports and Leisure								*							
	Making and Building											*				
	Let's Cook!										*					
Cycle 2	Homes and Gardens									*						
	Amazing People													*		
	Machines and Technology												*			
Cycle 3	A world of difference										*					
	Clothes									*						
	Hobbies and Creativity											*				
Cycle 4	Fact or Fiction												*			
	Holidays and Outings								*							
	Healthy Eating													*		
Cycle 5	UK Lifestyles										*					
	Weather and Seasons									*						
	Finding my Way												*			

*Key area of learning for the term.

Computing

- Everyday technology skills
- Digital Technology Targets
- E-safety

Sex & Relationships Education – personalised teaching to suit the needs of the pupils

- Relationships – appropriate touch/ contact/ levels of relationships, what we do with those we have a relationship with. People we can trust. Healthy relationships (law within relationships) and mental health.
 - Friends
 - Family
 - Boyfriends/ Girlfriends
- Parts of the body – Male and Female
- Key stages of growing up
- Personal Hygiene – Puberty
- Menstruation
 - What is it
 - How to manage it
 - Hygiene
- Masturbation
 - What is it
 - How to manage it
 - Hygiene
- Safeguarding – keeping safe – Pants rule.

Careers

- Pupils to learn about careers in the highlighted section of the academic year within the topic they are learning about.
 - Cycle 1: Let's cook – experience of restaurant/ café/ supermarket food section/ food shops e.g. butchers/ bakers.
 - Cycle 2: Machines and Technology – farms/ factory / machines and technology in the home life skills/ office work/ Emergency services
 - Cycle 3: Clothes – shops/ charity shops/ clothes manufactures/ sewing shops
 - Cycle 4: Holidays and Outings – Travel agents/ library/ local places of interest volunteer experience – Ferry Meadows/ Ascoughee/

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- Cycle 5: UK Lifestyles – gardening; garden centres, landscaping, horticultures – baking; cooking, catering – reading; library – Sports; sports centre, child care – teaching/ working in schools/ working with children
 - Pupils to make visits to business and places of employment.
 - Work experience opportunities to take place where appropriate and possible.
 - Pupils to have visits from business and employers.
 - Pupils to learn about the labour market in class for the topic they are learning within, pupils to learn life skills around employment and employability skills.

Life skill coverage

Cooking and Food Prep

- Cooking everyday items
- Not touching hot/ cold/ sharp things
- Kitchen hazards
- Food going out of date
- Where to keep food - fridge/ pantry
- Can food be eaten cooked/ not cooked
- Food hygiene / kitchen hygiene

Hygiene

- Keeping Clean
- Using deodorant and toiletries
- Changing under wear/ clothes regularly
- How to wash/ clean/ how often
- Washing/ drying clothes
- Ironing
- Don't put wet clothes on
- Hot / cold appropriate clothes
- **House hygiene**
 - Cleaning a house

- Dusting
- Washing up
- Hoovering

Transport and Travel

- Public travel services – bus/ train
- Paying for travel
- How to behave on transport
- How to keep safe on transport
- Understanding timetables

Relationships

- Stranger Danger
- Sex and Relationships Education
- Community people to trust

Local community

- Stranger Danger
- Handling money
- Shopping/ finding items/ paying/ waiting for change/ asking for a bag/ using self-service checkouts/ asking for help
- Charity shop experience
- Emergency services – fire safety
- Weather safety
- Personal safety and security – wallet/ money/ valuables
- Health services
- How to ring for an emergency service
- How to use a phone
- Eating out in cafes and restaurants – ordering/ choosing/ paying/ eating

Mini enterprise

- Value of money and earning
- Designing
- Creating
- Selling
- Job responsibilities

Fitness

- Healthy lifestyles/ how often/ routines
- Hygiene
- Using a fitness gym
- Using exercise equipment appropriately
- Types of accessible exercise