

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Autumn 1	Knowing my local area & Personal Safety						
	What is Life Skills? Self-assessment Can I keep myself safe outside of my home and school? What is an emergency? Who would I call in an emergency?	Road safety in my local area. What dangers are there on the road? What dangers are there as a pedestrian? Am I able to cross the road safely?	Where do I live? What is the name of the town that I live in? What buildings are in my town? What is a public facility? What public facilities are in my town?	<i>Trip to Torquay town centre to visit public facilities.</i> Opportunity for travel training	What does community mean? Which communities am I part of? How do people contribute towards their community? Which community groups are in my local area?	How can we contribute towards our community? <i>Trip to Paignton Seafront and Geo Park to litter pick.</i> Opportunity for travel training	What do the Salvation Army do? Who do they support? How do they support them? What is the Christmas toy appeal? Christmas appeal and fundraising to run throughout Autumn 2.
Cooking	Simple Meals: Breakfast dishes						
	Can I make a simple meal on toast? Plan meal Baseline assessment to understand needs of pupils	Can I make beans on toast? Do I know basic kitchen hygiene rules? Plan meal How to use grill, toaster, microwave	Can I make cheese on toast ? Identify ingredients What are you using today? What are you making? How do you prepare your ingredients? How did you cook it? Grilling, grating	Can I make scrambled and fried egg on toast? Identify ingredients What are you using today? What are you making? How do you prepare your ingredients? How did you cook it? Frying, pan scrambling	Can I make a bacon and egg Bap? Do I know how to identify and use utensils and equipment safely? Frying, tongs, fish slice	Can I make a cheese and ham toasties? Do I know how to identify and use utensils and equipment safely? Butter knife, grating, frying	Can I make French Toast? Do I know how to use the cooker safely? Identify 3 rules to use the cooker safely What do I need to be aware of when using a gas or electric cooker
Autumn 2	Personal Care and Hygiene			Accessing Health Services		Working as a volunteer (Christmas Project)	
	What is personal hygiene? How do I keep myself clean? Showering body Teeth Face Nails	How do I keep my hair clean? How often do I change my clothes? How often do I change my bedding? Research hygiene products on a budget Plan a hygiene routine	<i>Trip to the supermarket to shop for hygiene products.</i> Opportunity for travel training	Which healthcare services are in my local area? How do they help people? How and why would I contact them?	<i>Trip out to visit local health care services.</i> Dentist? Opportunity for travel training	<i>Trip to Torquay town centre to shop for toys for The Salvation Army Toy Appeal.</i> Opportunity for travel training	Deliver toys to the Salvation Army. Opportunity for travel training
Cooking	Simple Meals: Breakfast dishes						
	Can I make a bacon, cheese and egg wrap? Can I be safe when using a frying pan Can I hold utensils safely?	Can I make pancakes? Can I weigh ingredients correctly? Can I follow a recipe?	Can I make American Pancakes? Can I separate eggs? Can I whisk egg whites? Can I use temperature control?	Can I make Porridge? Taste test with different flavours	Can I make hash browns? Do I know how to identify and use utensils and equipment safely? Grating, Squeezing	Can I plan a full English breakfast? Do I know how to identify and use utensils and equipment safely? Do I know how to use a cooker safely?	Can I make a full English breakfast? Assessment for end of unit Do I know and apply basic kitchen hygiene rules? Can I select and prepare and variety of breakfast? Can I keep my kitchen area clean?

Spring 1	Choosing and looking after clothes					
	Who am I? What is my shape/size? What style do I like? What do I like to wear? Where do I buy my clothes? Can I choose my own clothes? Where can I buy clothes?	What would be appropriate to wear to the beach? To Sixth Form? To an interview? To a wedding? To the gym? What could happen if I do not wear appropriate clothing? Can I tie my shoelaces?	<i>Trip to Torquay town centre to shop for appropriate clothes on a budget.</i> Can I find the right size clothes? Can I find the right size shoes and socks? Opportunity for travel training	Why do we wash our clothes? When do we wash our clothes? What do the logos on clothing labels mean? How do I wash my clothes? Use school washing machine. Plan bus route for next week	Trip to the launderette. What do I need to take to a launderette? Where is the launderette? How do I use a washing machine? How do I dry my clothes? Opportunity for travel training	Why do we iron clothes? Which clothes do we iron? Can I use an iron safely? Can I use an ironing board accurately? Can I iron items of clothing? Can I hang clothes on a coat hanger?
Cooking	Kitchen hygiene: lunch dishes			Every day food and drink: lunch dishes		
	BLT Understand the need to keep a clean kitchen. Why do you need to clean a kitchen? What will happen if you don't? How often should the kitchen be cleaned?	Egg mayo sandwich and tuna mayo sandwich Use equipment to clean a kitchen. Can I identify different equipment that might need for cleaning? Can I use equipment for a variety of cleaning tasks? Can I use equipment safely?	Wraps (salad choice of filling) Use products to clean a kitchen. Can I Identify appropriate products for a variety of tasks? What does the product clean? Can I Use the products safely? Can I Use the correct products to clean up working area?	Omelette End of kitchen hygiene unit End of unit assessment. Can pupil cook a dish then clean the kitchen using the correct equipment and products to a high standard.	Frittata Know how to prepare simple dishes or snacks. Can I Identify food to make simple dishes? What food can I choose from? What kind of food it is? Can I prepare a hot dish?	Packet pasta Know how to prepare a hot or cold drink. Know how to prepare simple dishes or snacks. Can I identify what is needed to make hot and cold drinks? Can I make and serve a hot drink. Can I follow packet instruction? Can I clear, clean and put away equipment used?
Spring 2	Household cleaning			Household shopping		
	Can I keep myself safe at home? What hazards are there in my home? What do I do in an emergency? Safety signage.	Why is it important to clean my home? Which areas in my home need cleaning? What equipment might I need to clean my house? Which products do I need to clean my house? Can I handle cleaning products safely?	Can I clean areas of a home safely? Can I clean a kitchen area inc. microwave, hob, oven, sink, worktops? Can I clean a bathroom area inc. toilet, shower, sink? Can I use a hoover? Can I use a mop? Can I use a duster?	Why do I need to change my bed sheets? Can I make my bed? Can I change a pillow case and duvet cover? What happens to my waste? Can I separate materials for recycling? How often are my bins collected?	What are household essential items? How often do they need to be bought? Where can I buy these items? What types of shops are in my local area? Is it cheaper to shop in a supermarket? Why might people shop online?	Trip to St Marychurch to visit local independent shops. Continue trip to a supermarket to compare prices of household items. Can I pay for an item in a shop? Can I give an appropriate amount of money? Opportunity for travel training

Cooking	Every day food and drink: Lunch dishes						
	Cold pasta salad Know how to store food and drink. Can I Identify where different foods and drinks should be stored? Can I say where different food should be stored? Can I explain why this is important?	JP with coleslaw Know how to store food and drink. Can I identify how to store different items of food and drink? Can I state consequences of poor food/drink storage? Can I explain why this is important?	Stuffed Jacket Potato Know how to work safely in a kitchen. Can I identify and list the main hazards associated with food and drink preparation?	Halloumi salad pitta bread Know how to work safely in a kitchen. Do I understand what food poisoning is? Can I conduct myself safely in the kitchen?	Tortilla pizza Do I understand what cross contamination is? Can I explain what the consequences of cross contamination are?	Recap of skills learnt End of unit assessment	
Summer 1	Preparing to live independently						
	Where does my money come from? Why is it important to save money? What payments might I need to make in the future? What are bills?	<i>Train trip</i> Where is my local train station? Where can I travel on the train in my local area? How do I buy a ticket? Opportunity for travel training	Opening a bank account Why would I need a bank account? Where is my local bank? How can the bank support me? Opportunity for travel training	Making appointments Why might I need to make an appointment? Can I give the correct information over the phone?	Leisure What do I like to do in my free time? What are my hobbies and interests? Why is it important to keep myself busy in my free time? Where can I take part in these hobbies in my local area?	Leisure Trialling hobbies and interests in my local area. Can I explain why I like or dislike certain activities? Opportunity for travel training	
Cooking	Basic cooking techniques Food, drink and cooking. Dinner dishes						
	Leek and potato soup Understand different methods of cooking. Can I identify at least four methods of cooking? Can I say what method I have used today?	Tomato soup Understand different methods of cooking. Can I Identify and make two foods that can be cooked Using different methods? Can I roast tomatoes and veg? Can I boil soup?	Vegetable soup Recognise different equipment needed for cooking. Can I Identify equipment needed for each of the four methods of cooking? Use the correct equipment safely	Veg Pasta bake Understand Health and Safety issues relating to different techniques. Can I Identify safety factors of using different methods of cooking. What PPE will I need? How will I be save using different methods?	Savoury rice Understand some techniques are healthier than others. Can I Identify which methods of cooking are healthier? What makes them healthy or unhealthy?	Vegetable cous cous Know how to make a dish using different cooking methods. Research a dish that uses 3 different cooking methods? Can I explain why I have chosen this dish?	

Summer 2	Working as a volunteer						
	What charities are in my local area? What is a volunteer? Why do people volunteer? Who needs help? Which charities would I like to support?	<i>Trip out to visit local charity organisations.</i> What work do these charities do? Who do they help? How can I help them? Opportunity for travel training	Choose a local charity How can we help them? Research, plan and prep	Charity project: Path? Opportunity for travel training	Choose a local charity How can we help them? Research, plan and prep	Charity project: Seal Project? Opportunity for travel training	Recap of practical skills. Self-assessment Next steps
Cooking	Practical cooking skills, different flavours, planning and diet : Dinner dishes					Practical cooking skills, different flavours, planning and diet : Desserts	
	Veg stir fry Can I use practical skill learnt to make a stir fry? Can I follow a recipe independently?	Chicken kebab Can I understand the importance of food posing and how to prevent bacteria growth? Can I research different kebab recipes?	Own kebab Can I evaluate different flavours and textures of food? Can I sate improvements that can be made?	Spaghetti bolognaise Can I create a plan of action how to cook spaghetti bolognaise? Can I follow my plan independently?	Spaghetti meatballs Food groups. Do I know what the different food groups are? Can I understand the importance of a balanced diet?	Apple crumble Can I understand that different people may need different diets? Do I know what allergies and intolerances are?	Own dessert of choice Recap all skills learnt.