

The Beacon Centre

Life Skills 2021-22

This curriculum aims to prepare students for the transition to adulthood and independent living. It provides students with real-life challenges to complete with support from staff which will equip them with the knowledge and skills needed to tackle similar challenges independently post-school. Challenges offer students to engage in both theoretical and practical tasks and also opportunities to learn outside of the classroom using school and community facilities. The subject and topics on offer support the values and ethos of the whole school aiming to re-engage disenfranchised young people, building their self-esteem, confidence and resilience, enabling social, moral, spiritual and cultural development and promoting British values.

Long Term overview of the topics that each class will study during each half term.		
	Key Stage 3 (Aspens/Blossoms)	Key Stage 4 (Bonsai/Redwoods)
Autumn 1	Road Safety	Finance
Autumn 2	Wellbeing	Food Skills
Spring 1	Finance	Home Skills
Spring 2	Food Skills	First Aid
Summer 1	Leisure & Recreation	Wellbeing
Summer 2	First Aid	Leisure & Recreation

Potential qualifications that can be achieved in this subject area:
ASDAN Life Skills Challenges

Class: Key Stage 3 (Aspens/Blossoms)					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Road Safety <i>Road safety - pedestrians</i> <i>Challenge ref: 1381</i> <i>Considerate road users</i> <i>Challenge ref: 1374</i>	Wellbeing <i>Personal hygiene</i> <i>Challenge ref: 4241</i> <i>My brain and mindfulness</i> <i>Challenge ref: 4345</i>	Finance <i>Practical banking skills</i> <i>Challenge ref: 1862</i> <i>Going shopping</i> <i>Challenge ref: 1892</i>	Food Skills <i>Budget meal cooking</i> <i>Challenge ref: 4983</i> <i>Food safety in the home</i> <i>Challenge ref: 1132</i>	Leisure and Recreation <i>Plan a visit to the local park</i> <i>Challenge ref: 4581</i> <i>Using an outdoor gym</i> <i>*Challenge to be written</i>	First Aid <i>Basic first aid - cuts/burns /bites/stings</i> <i>*Challenge to be written</i> <i>CPR</i> <i>*Challenge to be written</i>

Class: Key Stage 4 (Redwoods/Bonsai)					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Finance <i>Budgeting my bills</i> <i>Challenge ref: 4799</i> <i>Furnishing a Flat within a budget</i> <i>Challenge ref: 4042</i>	Food Skills <i>Cooking on a budget</i> <i>Challenge ref: 1683</i> <i>Creating a weekly meal plan and shopping list</i> <i>Challenge ref: 3743</i>	Home Skills <i>Personal Laundry</i> <i>Challenge ref: 1702</i> <i>Use household products to clean in the home safely.</i> <i>Challenge ref: 5109</i>	First Aid <i>Basic first aid - cuts/burns /bites/stings</i> <i>*Challenge to be written</i> <i>CPR</i> <i>*Challenge to be written</i>	Wellbeing <i>Personal hygiene</i> <i>Challenge ref: 4241</i> <i>Mental health</i> <i>*Challenge to be written</i>	Leisure and Recreation <i>Visiting a beach</i> <i>Challenge ref: 5185</i> <i>Using an outdoor gym</i> <i>*Challenge to be written</i>