



Preparation for Adulthood Overview

Preparation for Adulthood is a whole-school approach that supports pupils to develop the knowledge, skills, understanding and experiences needed for a successful adult life. Recognising that pupils across our pathways have diverse strengths, needs and aspirations, this framework provides a progressive curriculum from Early Years through to Post 16, ensuring that every learner can make meaningful progress towards greater independence, community participation, health and wellbeing, and future employment opportunities.

The framework is organised around the four nationally recognised Preparation for Adulthood outcomes: Independent Living, Relationships and Community, Good Health, and Enterprise. These themes are embedded throughout the curriculum and adapted to meet the developmental stage and learning needs of pupils within each pathway. By providing age-appropriate and aspirational learning opportunities, we aim to equip all pupils with the confidence, resilience and practical skills required to lead fulfilling lives, make informed choices, and achieve the best possible outcomes in adulthood.

Pathway	Independent Living	Relationships & Community	Good Health	Enterprise
Early Years	Develop awareness of self, routines and personal needs. Begin self-care skills such as handwashing, feeding and dressing with support.	Build secure relationships with familiar adults and peers. Participate in group activities and community-themed play.	Establish healthy routines including sleep, hygiene, physical activity and healthy eating. Develop sensory regulation awareness.	Explore roles through imaginative play. Develop curiosity, choice-making and engagement in activities.
Pre-formal	Develop anticipation and participation in personal care routines. Increase independence in eating, dressing and making simple choices.	Recognise familiar people and environments. Engage in shared activities and community visits. Develop communication for preferences and needs.	Participate in physical activity and sensory regulation programmes. Learn to communicate discomfort, needs and emotions.	Develop engagement, attention and persistence through purposeful activities. Experience simple classroom jobs and responsibility tasks.



Engagement	Participate in daily living activities with increasing independence. Make choices about food, clothing and activities. Learn safety awareness.	Build friendships and social interaction skills. Participate in local community experiences. Understand belonging and contribution.	Develop awareness of healthy lifestyles, exercise and emotional wellbeing. Learn personal care routines and self-regulation strategies.	Develop work-related behaviours including attention, turn-taking, completing tasks and following routines. Experience enterprise activities through practical participation.
Semi-Formal	Develop practical life skills including meal preparation, organisation, money awareness and travel readiness. Increase independence in personal care.	Develop friendships, social communication and understanding of different relationships. Access community facilities with support.	Understand healthy choices, exercise, emotional wellbeing and personal safety. Develop self-management strategies.	Explore different jobs and workplaces. Develop responsibility, teamwork and problem-solving through enterprise projects and work-related learning.
Formal	Develop functional independence including budgeting, shopping, travel training, household tasks and decision-making. Understand personal rights and responsibilities.	Build and maintain positive relationships. Understand citizenship, diversity and community participation. Develop social problem-solving skills.	Understand physical, emotional and sexual health. Manage personal wellbeing and make informed healthy choices.	Develop employability skills including communication, teamwork, organisation and resilience. Participate in enterprise projects and vocational learning opportunities.
Post 14	Prepare for adult living through independent travel, budgeting, cooking, housing awareness, managing appointments and personal responsibilities.	Develop understanding of adult relationships, social networks, community participation and citizenship. Access community resources independently where appropriate.	Manage own health needs, understand healthy lifestyles, mental health, sexual health and accessing health services.	Prepare for employment through vocational profiling, work experience, supported internships, entrepreneurship, CV development and workplace expectations.

Progressive Expectations Across Pathways



P4A Area	Early Years & Pre-Formal	Engagement & Semi-Formal	Formal & Post 14
Independent Living	Awareness, participation and choice-making	Functional life skills with support	Increasing independence and preparation for adulthood
Relationships & Community	Attachment, interaction and belonging	Friendship skills and community access	Citizenship, community participation and adult relationships
Good Health	Healthy routines and regulation	Understanding healthy choices and self-management	Independent management of health and wellbeing
Enterprise	Exploration, engagement and responsibility	Work-related behaviours and enterprise participation	Employability, vocational skills and employment pathways