



Life skills Map



Intent for The Grove Life Skills Curriculum

- To teach pupils basic life-skills and play an active role in the community.
- To broaden the expectations and experiences of pupils
- To develop problem-solving/thinking skills
- To have fun whilst learning new skills
- To develop social skills (independent and co-operative)
- To give pupils an understanding of the changes they will go through as they grow up.
- To develop an appreciation of wider opportunities and aspirations
- To prepare pupils for adult life and the decisions and choices they will encounter
- To ensure pupils know how to live a healthy lifestyle and to be safe in the community
- To teach correct social etiquette in society/the workplace
- To prepare pupils for living in a society where people are all different and have an understanding of how to deal with other people's differences

Targets are set based on a [Skills Progression Map](#) & the EHCP and link to each pupil's personalised learning plan.

Secondary pupils are taught explicitly through Life Skills Lessons and Primary pupils have the topics built into their day to day curriculum where applicable.

Life Skills Units and Overview

Units on "Learning" are integrated into the daily curriculum

- Organisation & Independent Learning
- Motivation & Engagement
- Routines & Expectations
- Self Evaluation and Assessment
- [Symbol Links to Google Drive](#)

Autumn Term 1	Spring Term 1	Summer Term 1
<p>My Social Self</p> <ul style="list-style-type: none"> ● Thinking & Problem Solving ● Changes & Transitions ● Social Skills 	<p>My Safety</p> <ul style="list-style-type: none"> ● Safety at Home & school ● Safety with people 	<p>My Independence</p> <ul style="list-style-type: none"> ● Cooking ● Budgeting ● Shopping
Autumn Term 2	Spring Term 2	Summer Term 2
<p>My Personal Care & Health</p> <ul style="list-style-type: none"> ● Personal Hygiene ● Dressing & Appearance ● Home Management 	<p>My Play & Leisure</p> <ul style="list-style-type: none"> ● Play Skills ● Leisure Skills ● Social Skills & community 	<p>My Travelling</p> <ul style="list-style-type: none"> ● Road Safety ● Planning Journeys ● Travelling & Commuting

Appearance and Personal Care

- Buying, simple repairs and store clothes
- Everyday hygiene and personal appearance care
- Locating and buying items as required
- Laundry care

At Home

- Budgeting for bills
- Keep safe in the home
- Paying rent, finding a home
- Problem solving in the home
- Home management & basic home skills

Food Skills

- Prepare and store food
- Cook healthy meals
- Budget for a healthy diet
- Plan and shop for a healthy diet
- Use kitchen appliances and equipment

Health & Wellness

- Maintain healthy diet & mental health
- Access medical services when needed
- Use medication safely and appropriately
- Make healthy choices & healthy relationships
- Practice safe sexual health
- Personal hygiene and self care
- Maintain personal safety
- Basic First Aid

Personal Safety

- Maintaining personal identity
- Using social media responsibly
- Knowing how to get help
- Recognising right from wrong
- Check information and sources of information
- Understanding threatening or dangerous situations

Self Determination and Self Management

- Know yourself, your strengths & your limitations
- Set goals and priorities and monitor these; Manage your time
- Learn from mistakes
- Advocate for yourself and others
- Express feelings and opinions and reflect on others

Self Belief & Confidence

Being a Good Citizen

- Environmentally responsible
- Volunteering
- Community participation
- Comply with Law & rules
- Register to vote
- Be an advocate
- Know your rights

Leisure & Social

- Maintain healthy friendships
- Maintain healthy relationships
- Pursue interests and hobbies
- Explore leisure & social opportunities

Driving

- Learn to drive
- Follow traffic laws
- Buy & maintain a car safely
- Maintain insurance and safe use

Financial Literacy

- Budgeting
- Financial planning and savings
- Managing & handling money
- Operating bank account
- Using credit & debit cards
- Benefit planning
- Understand salaries/pay
- Understanding financial safety

Be a Lifelong Learner

- Seek and accept opportunities to learn
- Learn from others - share learning
- Use knowledge and experience to solve problems and learn more

Community Access

- Safety in the community
- Know options and how to find information
- Travel to and locate services in the community
- Access services in the community

Transport & Travelling

- Use public transport
- Travel safely & follow road safety
- Plan journeys using timetables, schedules
- Find out information about travelling
- Use local, national and international travel

Careers Options

- Explore employment options through services
- Explore further education options
- Access labour market
- Interview skills
- Apply for jobs

Careers Skills

- Communication skills
- Interpersonal skills
- Personal Skills
- Critical and analytical skills
- Use of technology
- Time keeping
- Adaptability and flexibility

https://www.suttontrust.com/wp-content/uploads/2017/10/Life-Lessons-Report_FINAL.pdf

<https://life-skills.middletownautism.com/background/teaching-life-skills/teaching-life-skills-within-curriculum/>

<http://teenage-resource.middletownautism.com/wp-content/uploads/sites/5/2016/09/19-Essential-Life-Skills-for-Teens.pdf>

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Autumn Term 1

My Social Self

Key Areas for Learning

- Thinking & Problem Solving
- Changes & Transitions
- Social Skills

Key Areas for Learning

- Self Awareness
- Self Advocacy
- Coping with changes and Surprises
- Managing anxiety around changes
- Developing Executive Functioning Skills in order to tackle problems
- Managing Micro and Macro transitions
- Learning about tackling new things
- Building and sustaining Relationships
- Developing appropriate communication with others
- Understanding others
- Social Interactions, group participation, conversations, manners
- Same and Difference, accepting and tolerating others

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Autumn Term 2

My Personal Care & Health

Key Areas for Learning

- Personal Hygiene
- Dressing & Appearance
- Home Management

Key Areas for Learning

- Functional Daily Skills
- Dressing
- Grooming
- Washing
- Hygiene
- Clothing Care
- Managing illness
- General Cleaning
- Cleaning the Bedroom, Kitchen, Bathroom, Living Room
- Using Household Appliances

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Spring Term 1

My Safety

Key Areas for Learning

- Safety at Home & school
- Safety with people

Key Areas for Learning

- Safety in the Home
- Safety with Food
- Following rules and instructions
- Safety at School
- Identifying risks
- Understanding who are safe and not safe people
- Asking for Help
- Knowing how to Get help
- Simple First Aid
- Keeping Information Safe
- Protecting Myself

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Spring Term 2

My Play and Leisure

Key Areas for Learning

- Play Skills
- Leisure Skills
- Social Skills
- Community

Key Areas for Learning

- Spending time by myself
- Spending time with others
- Identifying what and how I can enjoy my free time
- Understanding the social rules associated with play and leisure
- Turn Taking, winning and Losing
- Knowing how to find out about leisure experiences
- Planning leisure experiences
- Social awareness and communicating with others
- Using communication to find things out
- Accessing the community
- Taking part in community activities

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Summer Term 1

My Independence

Key Areas for Learning

- Budgeting
- Shopping
- Cooking

Key Areas for Learning

- Managing money
- Planning menus
- Saving Money, paying bills
- Purchasing items using different formats
- Shopping for Food
- Shopping for clothing
- Shopping for household items
- Shopping for personal items