

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
 My Social Self Thinking & Problem Solving Changes & Transitions Social Skills 	 My Safety Safety at Home & school Safety with people 	My Independence

My Personal Care & Health

Personal Hygiene

Autumn Term 2

Dressing & **Appearance**

Home Management

My Play & Leisure

Spring Term 2

- Play Skills
- Leisure Skills
- Social Skills &

community

- **Planning** Journeys
 - Travelling & Commuting

Summer Term 2

My Travelling

Road Safety

Appearance and Personal Care

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

At Home

Budgeting for bills

Keep safe in the home

Paying rent, finding a home

Problem solving in the home

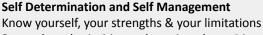
Home management & basic home skills

Laundry care

Set goals and priorities and monitor these; Manage your time

Learn from mistakes Advocate for vourself and others

Express feelings and opinions and reflect on others





Essential Life Skills

Community Access Safety in the community Know options and how to find information

Travel safely & follow road safety

Plan journeys using timetables, schedules

Use local, national and international travel

Find out information about travelling

Travel to and locate services in the community Access services in the community

Self Belief & Confidence **Driving** Learn to drive

> Follow traffic laws Buy & maintain a car safely

Maintain insurance and safe use

Transport & Travelling

Use public transport

Health & Wellness

Prepare and store food

Budget for a healthy diet

Plan and shop for a healthy diet

Use kitchen appliances and equipment

Cook healthy meals

Food Skills

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

Personal Safety

Maintaining personal identity

Basic First Aid

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

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

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

Careers Options

Explore employment options through services

Explore further education options Access labour market

Interview skills

Apply for jobs

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

Communication skills Interpersonal skills Critical and analytical skills

Use of technology Time keeping Adaptability and flexibility

Careers Skills

Personal Skills