



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



Essential Life Skills

Appearance and Personal Care

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

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

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

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

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

Driving

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

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

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

Careers Skills

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

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