

Independent Living Curriculum at a Glance: 2026 - 2027

ASDAN LifeSkills Challenges provides students with a flexible approach to recognise steps of achievement, with a large focus on personal growth, development, learning and progression. The LifeSkills Challenges helps young people achieve meaningful learning outcomes, elevating them to progress to further education, training or work, preparation for adulthood, and empowering them to take full control of their lives and succeed in personal independence. Independent Living primarily focuses on practical skills for learners to gain hands-on experience to improve their own independence. The curriculum is designed to meet individual learning outcomes and individual needs by providing a flexible and personalised approach to learning, along with transferable skills to strengthen independence.

Key Stage 4 (MAP, Pathway A & B)

Key stage 4 Pathway A - Stretch and Challenge / Key stage 4 Pathway B - Step up to Independence

Key stage 4 will follow the ASDAN LifeSkills Challenge qualification. At the end of KS4, learners will gain a clear understanding of many vocational areas, some of which include personal hygiene, keeping safe, travelling in the community, first aid, medication, using appliances around the home and basic independent life skills. Learners will learn, develop and expand their knowledge and skill set. Key stage 4 will take a practical approach to allow the students to experience first-hand how to carry out various living experiences, focusing on learner independence and individual learning outcomes.

Key Stage 5

Key Stage 5 will follow the ASDAN LifeSkills Challenge qualification. At the end of KS5, learners will have strengthened their knowledge and understanding of wider vocational areas. Some of these areas include travel training, money handling, living independently, applying for college/jobs, making appointments, attending college/job interviews and preparing for applications. will take a practical approach to allow the students to experience first-hand how to carry out various living experiences, focusing on learner independence and individual learning outcomes.

Learning for Life Pathway (L4L)

Learning for Life Pathway will follow the ASDAN LifeSkills Challenge qualification. Learning for life pathway looks to provide learners with the tools, skills and knowledge to allow them to live independently beyond their time at Maplewell Hall School. Learning for life will take a practical approach to allow the students to experience first-hand how to carry out various living experiences, focusing on learner independence and individual learning outcomes.

- Learners can expect to develop their knowledge, understanding and independence through a variety of increasing levels and challenges, ensuring suitability for all learners → WTE1 (working towards entry 1), Entry 1, Entry 2, Entry 3.

Please be aware that some units may be subject to change

YEAR 10 Main site	Autumn 1 8 weeks	Autumn 2 7 weeks	Spring 1 6 weeks	Spring 2 6 weeks	Summer 1 3 weeks	Summer 2 5 weeks
Unit name → Challenge ref Level Learning Hours	1. 1026 - Understanding own personal hygiene (E2) 10NLH 2. 1021 - Cleaning own home (E2) 10NLH 3. 1247 - Doing own laundry (E2) 10NLH	1. 3753 - Hygiene in the kitchen (E2) 10NLH 2. 1024 - Healthy eating (E2) 10NLH 3. 3004 - Going out for something to eat in the community (E2) 10NLH	1. 1572 - Awareness of health services (E2) 10NLH 2. 2253 - Basic first aid (E2) 10NLH	1. 1576 - Making a medical appointment using a telephone (E2) 10NLH 2. 3645 - Exploring relationships and sexuality (E2) 30NLH 3. 5473 - Keeping safe online (E2) 10NLH	1. 5198 - Travel training (E2) 20NLH	1. 4795 - In my community - using money (E2) 10NLH 2. 1891 - Going shopping (E2) 10NLH
Assessment	- Record of oral questioning - Observations - Photographic/videographic evidence - Portfolio - Group tasks/work - Discussion - Research					
Subject cross curricular	P4A	P4A, Science, Food Technology	P4A, Science	P4A, ICT	P4A	P4A, Mathematics
Core skills	Speaking, listening, problem solving, reading, resilience, decision making	Speaking, listening, problem solving, reading, resilience, decision making	Speaking, listening, problem solving, reading, resilience, decision making	Speaking, listening, problem solving, reading, resilience, decision making	Speaking, listening, problem solving, reading, resilience, decision making	Speaking, listening, problem solving, reading, resilience, decision making
Career links	Cleaner, care assistant, health care support work, laundry assistant	Kitchen assistant, catering, dishwasher, hospitality, retail	Health care, ambulance service, receptionist, pharmacy assistant,	Receptionist, customer service assistant, pharmacy assistant, ICT teacher, IT manager	Retail, holiday representative, bus driver, air hostess	Banking, maths teacher, shop assistant, hospitality

YEAR 11 Main site	Autumn 1 8 weeks	Autumn 2 7 weeks	Spring 1 6 weeks	Spring 2 6 weeks	Summer 1 3 weeks	Summer 2 5 weeks
Unit name → Challenge ref Level Learning Hours	1. 5949 - Personal budgeting (E3) 10NLH 2. 1862 - Practical banking skills (Entry 3) 10NLH 3. 2089 - Using a bus (E3) 10NLH	1. 1023 - Shopping in a supermarket (E2) 10NLH 2. 1816 - Going out in the community (E2) 20NLH 3. 9113 - Engaging with community services (E3) 10NLH	1. 4877 - Interview preparation (E2) 10NLH 2. 8085 - Writing a CV (E2) 10NLH 3. 3734 - Filling in a form (Entry 3) 10NLH	1. 1079 - Using technology to communicate with others (E2) 10NLH 2. 1025 - Personal safety when going out (E2) 10NLH 3. 3812 - Visiting a restaurant (E3) 10NLH	1. 1396 - Safeguarding: Sexting - Understanding the risks (L1) 10NLH	Transition phase <i>Optional unit due to transition phase:</i> 1284 - Personal centred planning (E2) 10NLH
Assessment	- Record of oral questioning - Observations - Photographic/videographic evidence - Portfolio - Group tasks/work - Discussion - Research					
Subject cross curricular	P4A, Mathematics	P4A, Mathematics, English speaking	P4A, English, ICT	P4A, ICT, Mathematics, English	P4A, Science, ICT	P4A
Core skills	Numeracy, problem-solving, planning, communication	Money handling, social skills, organisation, communication	Communication, literacy, self-presentation, organisation	Digital literacy, social skills, problem-solving, independence	Digital safety, critical thinking, awareness	Planning, decision-making, self-advocacy
Career links	Retail assistant, maths teacher, banking, finances, travel assistant	Retail assistant, care assistant	Teaching, careers advisor	ICT teacher, customer service support, hospitality	Youth work, community support,	

L4L Main site Year 1	Autumn 1 8 weeks	Autumn 2 7 weeks	Spring 1 6 weeks	Spring 2 6 weeks	Summer 1 3 weeks	Summer 2 5 weeks
Unit name → Challenge ref Level Learning Hours	1. 1233 - Dressing myself (WTE1) 10 NLH 2. 1229 - Doing my laundry (WTE1) 10NLH 3. 7078 - Developing a healthy lifestyle (WTE1) 30NLH	1. 5271 - Understanding personal hygiene (WTE1) 10NLH 2. 5189 - Personal safety when going out (WTE1) 10NLH 3. 1237 - Using transport (WTE1) 10NLH	1. 8105 - Basic skills in managing a budget (WTE1) 10NLH 2. 4793 - In my community - using money (WTE1) 10NLH	1. 1187 - Going for something to eat in the community (WTE1) 10NLH 2. 4324 - Relationships; Public and private (WTE1) 10NLH	1. 7453 - Introduction to keeping safe when using social media (WTE1) 20NLH	1. 7420 - Introduction to developing awareness of the emergency services (WTE1) 20NLH 2. 1767 - Basic first aid (WTE1) 10NLH
Assessment	- Record of oral questioning - Observations - Photographic/videographic evidence - Portfolio - Group tasks/work - Discussion - Research					
Subject cross curricular	P4A, Science, Food technology	P4A, Mathematics, English	Mathematics, English	P4A, English, Mathematics	P4A, ICT	P4A, Science
Core skills	Problem solving, communication, critical thinking, decision making	Problem solving, literacy, numeracy, teamwork, communication, decision making	Money handling, communication, problem solving, numeracy	Problem solving, decision making, communication	Problem solving, communication	Problem solving, teamwork, collaboration, communication
Career links	Care assistant, health worker, healthcare advisor	Care worker, support worker, bus driver, train conductor	Retail assistant, banking, community support worker	Hospitality, customer service, care worker, support worker, retail	ICT teacher, youth work	Emergency services, 111 call advisor, care assistant

L4L Main site Year 2	Autumn 1 8 weeks	Autumn 2 7 weeks	Spring 1 6 weeks	Spring 2 6 weeks	Summer 1 3 weeks	Summer 2 5 weeks
Unit name → Challenge ref Level Learning Hours	1. 5354 - Road safety (E1) 10NLH 2. 7853 - Getting ready to go out (E1) 10NLH 3. 2088 - Using a bus (E1) 10NLH	1. 1902 - Communicating with people in the community (E1) 20NLH 2. 8498 - Safety in the home (E1) 10NLH 3. 2361 - Using domestic appliances (E1) 10NLH	1. 6999 - Ironing (E1) 10NLH 2. 1293 - Paying for an item (E1) 10NLH	1. 1890 - Going shopping (E1) 20NLH 2. 1126 - Storing food safely (E1) 10NLH	1. 2179 - Everyday food and drink preparation (E1) 10NLH	1. 1078 - Using technology to communicate with others (E1) 10NLH 2. 3262 - Staying safe on social media (E1) 10NLH Transition phase <i>Optional unit due to transition phase:</i> 3698 - Transitioning to a new setting (E1) 20NLH
Assessment	- Record of oral questioning - Observations - Photographic/videographic evidence - Portfolio - Group tasks/work - Discussion - Research					
Subject cross curricular	P4A, Science	P4A, Mathematics, English, Science	P4A, English, Mathematics	P4A, Science, English, Food Technology	P4A, Science, English, Food Technology	P4A, ICT, English
Core skills	Problem solving, communication, critical thinking, decision making	Problem solving, literacy, numeracy, teamwork, communication, decision making	Problem solving, communication, critical thinking, decision making	Problem solving, literacy, numeracy, teamwork, communication, decision making	Problem solving, communication, critical thinking, decision making	Problem solving, literacy, numeracy, teamwork, communication, decision making
Career links	Traffic officer, bus driver	Community support worker	Cleaner, laundry assistant, shop keeper, retail	Retail, food technology teacher	Retail, food technology teacher	ICT teacher

Post-16 Year 1	Autumn 1 8 weeks	Autumn 2 7 weeks	Spring 1 6 weeks	Spring 2 6 weeks	Summer 1 3 weeks	Summer 2 5 weeks
Unit name → Challenge ref Level Learning Hours	1. 2919 - Travelling in the community (E1) 20NLH 2. 8187 - Visiting a local community (E1) 10NLH 3. 3771 - Personal Hygiene (E3) 10NLH	1. 1700 - Cleaning the home (L1) 20NLH 2. 1183 - Doing own laundry (E3) 10NLH 3. 1891 - Going Shopping (E2) 20NLH	1. 1197 - Cooking for myself (E3) 10NLH 2. 6945 - DIY and home renovations (E1) 10NLH	1. 2673 - Exploring job opportunities (E3) 30 NLH 2. 4351 - Writing a personal statement (E1) 10NLH	1. 2677 - Preparing for work (E3) 30NLH	Transition phase <i>Optional unit due to transition phase:</i> • 3698 - Transitioning to a new setting (E1) 20NLH
Assessment	- Record of oral questioning - Observations - Photographic/videographic evidence - Portfolio - Group tasks/work - Discussion - Research					
Subject cross curricular	P4A, English, Science	P4A, English, Mathematics	P4A, English, Food technology, Engineering	P4A, English	P4A, English	P4A, English
Core skills	Problem solving, communication, critical thinking, decision making	Problem solving, literacy, numeracy, teamwork, communication, decision making	Problem solving, communication, critical thinking, decision making	Problem solving, literacy, numeracy, teamwork, communication, decision making	Problem solving, communication, critical thinking, decision making	Problem solving, literacy, numeracy, teamwork, communication, decision making
Career links	Bus driver, support worker, community support worker, cleaner, carer	Laundry assistance, cleaner, retail	Food technology teacher, decorator, retail	Careers advisor	Careers advisor	

Post-16 Year 2	Autumn 1 8 weeks	Autumn 2 7 weeks	Spring 1 6 weeks	Spring 2 6 weeks	Summer 1 3 weeks	Summer 2 5 weeks
Unit name → Challenge ref Level Learning Hours	1. 2864 - Volunteering (E1) 10NLH 2. 7671 - Following a map in the community (E1) 20NLH 3. 7572 - Cooking on a budget (E2) 10NLH	1. 2089 - Using a bus (E3) 10NLH 2. 1241 - Using a train (E3) 10NLH 3. 3317 - Visiting a restaurant (E2) 10NLH	1. 7866 - Financial preparation for independence (L2) 20NLH 2. 5187 - Understanding tenancy agreements (L1) 20NLH	1. 9237 - Knowing when I am sick and what to do (E1) 2. 6339 - Basic first aid (E3) 20NLH	1. 8337 - Plan and run a small community event (E3) 20NLH	Transition phase <i>Optional unit due to transition phase:</i> • 3698 - Transitioning to a new setting (E1) 20NLH
Assessment	- Record of oral questioning - Observations - Photographic/videographic evidence - Portfolio - Group tasks/work - Discussion - Research					
Subject cross curricular	P4A, English, Mathematics	P4A, English, Mathematics	P4A, English, Mathematics, Engineering, Art	P4A, English, Science	P4A, English	P4A, English
Core skills	Problem solving, communication, critical thinking, decision making	Problem solving, literacy, numeracy, teamwork, communication, decision making	Money handling, communication, problem solving, numeracy	Problem solving, decision making, communication	Problem solving, communication	Problem solving, teamwork, collaboration, communication
Career links	Support worker, chef	Bus driver, bus conductor, retail, chef, waitressing	Banker, retail, decorator	Estate agents, paramedic	Community support worker	

Post-16 Year 3	Autumn 1 8 weeks	Autumn 2 7 weeks	Spring 1 6 weeks	Spring 2 6 weeks	Summer 1 3 weeks	Summer 2 5 weeks
Unit name → Challenge ref Level Learning Hours	1. 1315 - Using money (L1) 10NLH 2. 7176 - Work money management (L1) 20NLH 3. 4982 - Use of ATM cash machine (L1) 10NLH	1. 10234 - Building independence at home (L1) 20NLH 2. 3900 - Healthy and unhealthy relationships (L2) 20NLH	1. 1383 - Driving, the law and the rights of the driver (L1) 20NLH 2. 1376 - Preparing to learn to drive (L1) 10NLH	1. 1450 - British Values: Criminal and Civil Law - Identifying right and Wrong (L1) 10NLH 2. 6178 - Introduction into democracy (L1) 30NLH	3. 9300 - Understanding my rights as a citizen (L1) 10NLH 4. 7361 - Dreams and goals - Post-16 preparation (E3) 10NLH	1. 8500 - Visiting education and training providers for life after school (E1) 10NLH Transition phase <i>Optional unit due to transition phase:</i> 3698 - Transitioning to a new setting (E1) 20NLH
Assessment	- Record of oral questioning - Observations - Photographic/videographic evidence - Portfolio - Group tasks/work - Discussion - Research					
Subject cross curricular	P4A, Mathematics	P4A, English, Mathematics	P4A, History, English	P4A, History, English	P4A, History, English	P4A, English
Core skills	Problem solving, communication, critical thinking, numeracy	Problem solving, literacy, teamwork, communication, decision making	Problem solving, decision making, communication	Problem solving, decision making, communication	Problem solving, decision making, communication	Problem solving, teamwork, collaboration, communication
Career links	Sales assistance, retail, banker, tax officer, payroll	Support worker, counselling, cleaner, house keeping	Driving instructor, law , police officer	Law and parliament, police office	Law and parliament, police office	

Post-16 L4L Year 1	Autumn 1 8 weeks	Autumn 2 7 weeks	Spring 1 6 weeks	Spring 2 6 weeks	Summer 1 3 weeks	Summer 2 5 weeks
Unit name → Challenge ref Level Learning Hours	1. Understanding own personal hygiene 1939 - (E1) 20NLH 2. Doing own laundry 2302 - (E1) 10NLH 3. Cooking using different methods 5575 - (E1) 10NLH	1. Healthy eating 3199 - (E1) 10NLH 2. 4356 - Demonstrate road safety skills as a pedestrian (E2) 10NLH 3. Using public transport 4918 - (E1) 10NLH	1. Budgeting my money 1969 - (E1) 10NLH 2. 1890 - Going shopping (E1) 10NLH	1. 1815 - Going out in the community (E1) 20NLH 2. Use household products to clean the home with support 5111 - (E1) 10NLH	1. Using technology in the home and community to support independence 1914 - (E1) 30NLH	1. Dealing with a fire in your home 1255 - (E1) 10NLH 2. Using medical services 1569 - (E1) 10NLH Transition phase <i>Optional unit due to transition phase:</i> • 3698 - Transitioning to a new setting (E1) 20NLH
Assessment	- Record of oral questioning - Observations - Photographic/videographic evidence - Portfolio - Group tasks/work - Discussion - Research					
Subject cross curricular	P4A, English, Food Technology	P4A, English, Food technology	P4A, English, Mathematics	P4A, English, Mathematics, Science	P4A, English, ICT	P4A, English
Core skills	Problem solving, communication, critical thinking, decision making	Problem solving, literacy, numeracy, teamwork, communication, decision making	Money handling, communication, problem solving, numeracy	Problem solving, decision making, communication	Problem solving, communication	Problem solving, teamwork, collaboration, communication
Career links	Cleaner, carer, laundry assistant, chef, retail	Teacher, cooking, retail, road officer, bus driver	Banker, retail	Community support worker, cleaner	Support worker	Emergency services, nurse, carer, paramedic

Post-16 L4L Year 2	Autumn 1 8 weeks	Autumn 2 7 weeks	Spring 1 6 weeks	Spring 2 6 weeks	Summer 1 3 weeks	Summer 2 5 weeks
Unit name → Challenge ref Level Learning Hours	1. 2361 - Using domestic appliances (E1) 10NLH 2. 1034 - Cleaning own home (E1) 10NLH 3. 1021 - Cleaning own home (E2) 10NLH	1. 2088 - Using a bus (E1) 10NLH 2. 1178 - Going out for a drink in the community (E1) 10NLH 3. 1190 - Going out for something to eat in the community (E1) 10NLH	1. 1293 - Paying for an item (E1) 10NLH 2. 1194 - Local shopping (E3) 10NLH	1. 2648 - Self and home care (E1) 10NLH 2. 2881 - Healthy active lifestyle (E1) 20NLH	1. 1171 - Cooking for myself (E3) 10NLH	Transition phase <i>Optional unit due to transition phase:</i> 3698 - Transitioning to a new setting (E1) 20NLH
Assessment	- Record of oral questioning - Observations - Photographic/videographic evidence - Portfolio - Group tasks/work - Discussion - Research					
Subject cross curricular	P4A, English, Mathematics, Science	P4A, English, Food technology, Mathematics	P4A, English, Mathematics	P4A, English, Science	P4A, English, Food technology	P4A, English
Core skills	Problem solving, communication, critical thinking, decision making	Problem solving, literacy, numeracy, teamwork, communication, decision making	Money handling, communication, problem solving, numeracy	Problem solving, decision making, communication	Problem solving, communication	Problem solving, teamwork, collaboration, communication
Career links	Cleaner	Bus driver, community support work	Shop assistant, retail	Carer, chef, dietician	Carer, chef, food technology teacher	

Post-16 L4L Year 3	Autumn 1 8 weeks	Autumn 2 7 weeks	Spring 1 6 weeks	Spring 2 6 weeks	Summer 1 3 weeks	Summer 2 5 weeks
Unit name → Challenge ref Level Learning Hours	1. 3788 - Cooking a healthy meal on a budget (Entry 3) 10NLH 2. 7571 - Inventive cooking using leftovers (Entry 2) 10NLH 3. 1700 - Cleaning the home (Entry 3) 20NLH	1. 10234 - Building independence at home (Level 1) 20NLH 2. 4982 - Use of ATM cash machine (Level 1) 10NLH 3. 1862 - Practical banking skills (Entry 3) 10NLH	1. 1028 - Planning a Journey (Entry 3) 10NLH 2. 1892 - Going shopping (Entry 3) 20NLH	1. 6339 - Basic First Aid (Entry 3) 20NLH 2. 1573 - Awareness of Health Services (Entry 3) 10NLH	1. 1161 - Using a smartphone to communicate in different ways (WTE1) 10NLH	Transition phase <i>Optional unit due to transition phase:</i> • 3698 - Transitioning to a new setting (E1) 20NLH
Assessment	- Record of oral questioning - Observations - Photographic/videographic evidence - Portfolio - Group tasks/work - Discussion - Research					
Subject cross curricular	P4A, English, Food technology, Mathematics, Science	P4A, English, Mathematics	P4A, English, Mathematics	P4A, English, Mathematics, Science	P4A, English, ICT	P4A, English
Core skills	Problem solving, critical thinking, decision making	Problem solving, literacy, numeracy, communication, decision making	Money handling, communication, problem solving	Problem solving, decision making, communication, critical thinking	Communication	Problem solving, teamwork, collaboration, communication
Career links	Chef, carer, dietician, cleaner	Cleaner, banker, finance support worker, advisor	Bus driver, vehicle escort, retail	First aider, paramedic, nurse, school nurse	ICT technician	