

Key Stage 5 – Independent Living

Year 1

Autumn 1	Week1	Week2	Week3	Week4	Week5	Week6	Week7	Autumn 2	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
	Finding our Way								Gaining confidence in my independence							Assessment and Revision	
Units:	6106 Managing Own Money 6164 Food and health							Units:	6106 Managing Own Money 6164 Food and health								
Spring 1	Week1	Week2	Week3	Week4	Week5	Week6	Spring 2	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7			
	Preparing for Work							Making the most out of leisure time						Assessment and Revision			
Units:	6109 Preparing for work 6126 Learning about the workplace						Units:	6106 Managing own money 6105 Making the most out of leisure time									
Summer 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Summer 2	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6				
	Community Action							Transition into independence					Assessment and Revision				
Units:	6112 Community Action						Units:	6106 Managing Own Money 6109 Preparing for work 6164 Food and health									
UPDATE:	6114 personal safety in the home and community removed from LTP as AC in unit currently unacheivable so unable to complete																

Life Skills - Phase 1

Money Management

Understand the individual notes and coins

read a price

Can count how much money they have in their wallet with support

Can determine that I have more than enough money (help with coins)

can pay for an item using notes

Food Management

Washes hands before eating/preparing food

Has an understanding of what Healthy Eating is

Can identify individual cooking utensils

Make a hot drink with support

use the toaster with support

use the microwave with support

Can set a table

Can use appropriate table manners

With support can successfully follow a recipe

With support can use kitchen equipment appropriately

Home Management

Can sort wash loads into colours

Can load a washing machine

Add the correct washing liquid amount

wash dishes and stack to dry

Plug in the Hoover and turn on

Know when a table is dirty

Wipe clean the surface

I can straighten up the bedding
I can strip the bed
I can put a sheet on the bed
Personal Care
Dresses appropriately for time of year
Selects clothes appropriate to weather
Selects clothes appropriate to context
Can identify when their hands need to be washed
Can wash their hands
Combs and brushes hair
Cleans teeth twice a day
identify when they need to clean teeth / have wash
Use feminine hygiene products appropriately
Knows how to use soap, shampoo, deodorant
Health and Safety
1 Can open a childproof container
2 Understands the dangers of taking other people's medication
3 Has knowledge of where to gain medical help
4 Can determine the need to go to Accident and Emergency
5 Knows the functions of the Emergency Services
6 Know how/when to contact the emergency services
7 Understand the importance of evacuation in an emergency
8 Knows how to lock/unlock windows/doors
9 Understands basic fire prevention
10 Is aware about the importance of having a good balanced diet
Communication
1 Can make eye contact during a conversation
2 Can ask for help and support when needed
3 Can say 'no' when they don't wish to do something
4 Understands 'personal space'
5 Can greet people, say goodbye in an appropriate way according to the situation
Community - in town

1	Can identify and point out the main amenities in town
2	can link the correct amenity to the correct requirement
3	Knows whom to contact in an emergency
4	can borrow a book from the library
5	use a lift safely
6	identify the correct toilet (male/female)
7	use a public toilet appropriately
8	use an escalator safely
9	make a call & I can receive a call to a known contact
10	With support can keep myself safe whilst in town
Community - in the supermarket	
1	find a suitable basket or trolley
2	find the items needed
3	ask for help to find an item if I need it
4	identify where the self scan tills are
5	scan an item in the self scan with support
6	pay for an item in the self scan with support
7	pack the item(s) into a bag
8	wait for change if there is any
9	put my receipt safely in my purse/wallet
10	put my purse/wallet somewhere safe
Road and Travel Safety	
1	Understands the use of seatbelts
2	walk & stay with the group
3	find a safe place to stop to cross the road
4	stop at the side of the road & concentrate on crossing
5	ask for help to cross the road if I need it
6	cross the road using my green cross code
7	cross a road using a pelican crossing
8	wait at a zebra crossing until the cars stop & then I can cross
9	safely cross the road at a set of traffic lights
10	identify the dangers of roads

Enterprise and work experience	
1	I am able to bring ideas to enterprise
2	I can work in a team to create items to sell
3	I can work in a team to prepare items to sell
4	I can work as a team to sell an item
5	I can pack and label an item for delivery with support
6	I can work out the correct total for items purchased
7	I can take the correct money and give change for items with support
8	I can take an order for our class café
9	I can prepare the correct items for our class café
10	I can work out the total cost of items in our class café
Travel Training	
1	I am able to find the bus stop
2	I am able to identify the best type of transport for the journey planned
3	with support I can plan a journey
4	I can recognise the different types of transport
5	with support I can identify the correct bus/train to catch
6	with support I can pay the fare
7	I can find a suitable seat on the transport
8	with support I can identify when I need to leave the transport
9	I can complete the appropriate steps to stop the transport
10	I can enter and exit the transport safely