



Preparing for Adulthood

Health

Being as healthy as possible into adult life

Friends, Relationships & Community

Having friends and supportive relationships, and participating in, and contributing to, the local community

Independent Lives

Having choice, control and freedom over their lives and the support they have, their accommodation and living arrangements, including supported living

Employment

Includes exploring different employment options, such as support for becoming self-employed and help from supported employment agencies

Ongoing / embedded

- Education, Health Care Plan annual reviews
- Transition support

- OT Support
- Physiotherapy programmes
- SALT
- School nurse
- Sensory Passports
- Art Therapy
- Lego Therapy
- Therapeutic play sessions
- Counselling/consultations with clinical physiologists
- Online Safety
- Food & Nutrition lessons
- Support to understand medical needs and their management
- Themed weeks
- Gross and fine motor skills
- VI and HI support

- Making friends and maintaining friendships
- Social interaction
- Listening and turn taking activities
- Total Communication Approach
- Provision of communication champions
- Lunchtime clubs
- Christmas and Summer Fairs
- Celebration events and assemblies
- Fundraising events and activities
- Themed weeks
- Counselling/consultations with clinical physiologists
- PSED targets

- Support to develop skills around independence after identifying the needs of student
- Meal time skills
- Toileting skills
- Dressing skills
- Telling time | Time management
- Choice making
- Money
- Road Safety/Independent travel
- Personal organisation
- Visual strategies to support independent living skills
- Opportunities to apply independent living skills within setting
- PSED targets
- Cooking skills

- Individualised curriculum – educational targets informed by EHCP
- Functional Skills – English | Maths | ICT
- Promotion of student aspirations through curriculum
- Work/Careers awareness raised through curriculum
- Stable careers programme
- Resources and signposting for future pathways (embedded in curriculum and via website)
- Annual Careers Week
- Following instructions
- Personal guidance from form tutors and through Annual Review processes

Age/Key stage related

Specific age-related milestones | Key stage related expectations and provision | *Curriculum content*

EYFS

- *Myself, my senses*
- *Growing*
- *Moving*
- *Food*

- *My family and where I live*
- *Celebrationsⁱⁱ*

- *Role playing (cooking/cleaning etc)*

- *People who help us*
- *Adapting to new environments*
- *Playing with peers*
- *Role Playing activities (jobs)*

KEY STAGE 1

- *Child obesity checks*
- *Dietary choices*
- *Immunisations*
- *Myself, my senses*
- *Growing*
- *Moving*
- *Food*
- *What is a healthy lifestyle*
- *Personal hygiene*

- *My family and where I live*
- *Celebrations*
- *ICT within our Community*
- *What makes people special*
- *Respect for others*
- *Contributing in the classroom*
- *Friendships, family and those who care*
- *Recognising when people are being kind and unkind*
- *Right and wrong^{iv}*

- *Keeping safe*
- *Money -role of money and what it is used for|spending & saving*
- *Rules for keeping safe*
- *Food technology lessons*
- *Role play*
- *Understanding the school rules*

- *Real world visits*
- *Role playing activities*
- *People who help us*
- *Money– understanding enterprise*
- *Electronics for a purpose*

KEY STAGE 2

- *Swimming lessons*
- *My home, my school, my family*
- *The Eat Well Guide*
- *Body parts and senses*
- *Recognising and managing emotions*
- *Puberty*
- *What affects physical, emotional and mental health?*
- *Media and reality*
- *Vocabulary around feelings*
- *Child obesity checks*

- *End of term enrichment activities*
- *Presentations and year 6 graduation*
- *Public & Private information*
- *Exploring differences and similarities (citizenship)*
- *Rights and responsibilities (home and school)*
- *Human rights*
- *Loss, separation, divorce and bereavement*
- *Community groups*
- *Physical contact– what*

- *Sleepovers / residential trips*
- *Knife skills*
- *Food hygiene*
- *Learning to control devices*
- *Keeping safe: Basic first aid | Road Safety | fire safety | Water safety | Rail safety | safety in the home*
- *Building resilience*
- *Money– savings, expenses, choices*
- *Independence*

- *Classroom jobs*
- *Gathering & presenting information*
- *Enterprise Skills*
- *Enterprise project*

Health

Friends, Relationships & Community

Independent Lives

Employment

- is acceptable*
- *What is a secret?*
 - *Respecting others*

Health

- Swimming lessons
- End of term enrichment activities
- Immunisations
- *Making informed choices about health and wellbeing^x*
- *Personal hygiene*
- *Understanding how identity is affected by media*
- *Building positive self-worth*
- *What is sexual intercourse and consent*
- *Contraception*
- *Understanding how self-esteem can change with personal circumstances*
- *Strategies for supporting healthy mind and body (yoga, mindfulness, meditation, exercise etc)*
- *Recognising when self or others require support and where to get it (drugs, alcohol, eating disorders, pregnancy)*
- *Understand basic human survival needs*
- *Understanding the importance of exercise, eating the right amount of different foods and the need for hygiene*
- *Dental hygiene*

Friends, Relationships & Community

- End of term enrichment activities
- KS3 Presentation Evenings
- *Characteristics and benefits of strong supportive equal relationships*
- *Respecting others opinions*
- *Managing loss*
- *Managing changes in relationships*
- *Recognising and challenging bullying and discrimination*
- *Respecting other cultures and faiths*
- *Political systems and democracy*
- *Rules and law*
- *Rights and responsibilities as part of a diverse community*
- *Acceptable and unacceptable behaviour online*
- Macmillan Coffee Mornings – Raising money for family and friends impacted by illness.

Independent Lives

- Residential trips
- *How to respond in an emergency*
- *Managing and assessing risk*
- *Understand the role of different types of digital devices and selection for task*
- *Operate a number of different devices and software for leisure purposes e.g. calendars, cameras, i-movie*
- *Understand how data is collected and what it is used for*

Employment

- Option choices
- Enterprise Activities
- Classroom jobs and responsibilities
- Subject related trips and activities (employer and workplace encounters) [BG5&6ⁱ]
- *Setting personal realistic targets and goals*
- *Developing team working skills*
- *Identifying own strengths, interests, skills and qualities*
- *Basic ICT skills*
- *Different ways in which we can present information*
- Rolling programme of work experience including onsite, local cafes, residential centres and zoos.
- ASDAN trips to visit health centres, local parks farm shops and cafes to improve real life independence skills such as numeracy, literacy, self confidence in dealing with the local community and employability skills.

Health	Friends, Relationships & Community	Independent Lives	Employment
• Immunisations • Mental Capacity Act review • KS4 Leisure • Duke of Edinburgh (physical and expedition sections) • End of term enrichment activities • <i>Maintaining a balanced diet</i> • <i>Planning a healthy lifestyle</i> • <i>Understanding terminology</i> • <i>Wider risks and consequences of legal and illegal substance use</i> • <i>Body image</i> • <i>Social media influencing and recognising the importance of being respectful online</i> • <i>Health risks and issues about body image</i> • <i>Causes, symptoms and treatments of mental and emotional health disorders</i> • <i>Sources of help for mental and emotional health</i> • <i>Identifying and reporting problems online</i> • <i>Dental hygiene</i>	• Opportunities to serve on Student Council • Residential Trips (City break) • Duke of Edinburgh (volunteering section) [BG5&6ⁱ] • End of term enrichment activities • KS4 Presentation evenings • <i>Respect for community areas</i> • <i>Active volunteering</i> • <i>Different ways citizens can contribute to the improvement of the community</i> • <i>Parliamentary democracy</i> • <i>Role of citizen</i> • <i>International law</i> • <i>How the law helps society</i>	• Residential Trips (City break) • Transitioning between classrooms • <i>Personal safety (online relationships and future lifestyle)</i> • <i>Personal finance</i> • <i>knowing where to get help</i> • <i>Street safety</i> • <i>Safety in the home</i> • <i>Basic first aid</i> • <i>Using digital devices in daily life (cameras, washing machines, microwaves etc)</i> • <i>Using ICT for a purpose – online shopping, accessing the news, making appointments etc</i>	• Classroom /school wide jobs and responsibilities • Subject related trips and activities (employer and workplace encounters) [BG5&6ⁱ] • Enterprise Fair • Visits to Further Education and Training providers [BG7ⁱ] • Support with transition to further education (College/training provider) • Work placement and school employment opportunities • Visits to careers fairs • Vocational option choices • Functional Skills tests • <i>Types of skilled employability and what is required to qualify</i> • <i>Different types of work, self-employment, voluntary work</i> • <i>Employment law</i> • <i>Setting goals/achievable targets</i> • <i>Career pathways</i> • <i>Differentiating between helpful and un-helpful feedback</i> • <i>Ambitions for jobs and careers</i> • <i>Benefits of being ambitious and enterprising</i> • <i>Basic ICT skills</i> • <i>Presenting information</i>

- *Creative computing*
- *One to one career meeting with Level 6 careers advisor*
- *Employability session to build skills and awareness of the world of work delivered by the local JCP in school*
- *Independent travel training delivered by Lancashire County Council in school/community*
- *Robust work experience offers delivered throughout the academic year for KS4 on a rolling programme, including Cafe, Library and horticulture/practical placements.*
- *Meaningful employer encounters either off site or on site.*
- *STEM sessions delivered in school*

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