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|  | AUTUMN1 | AUTUMN 2 | SPRING 1 | SPRING 2 | SUMMER 1 | SUMMER 2 |
| KS3 | An introduction to Life SkillsConfidence: The importance of being confident Meeting challenges with confidence | Creativity in communicationSpeaking & listening skillsBeing grateful and showing gratitude  | Staying positiveSkills of negotiation: the art and benefits of negotiationSkills of persuasion: the art and benefits of being persuasive | Clothing care basics – wash daysProud to present – Ironing skillsProud to present – Sewing skills | Minor clothing repairsPresentations skills* Formal and informal communication
 | Orientation – map reading and trip planning.Time concepts; Working with TimeUsing Time confidently |

Long term plan – Preparation for Adulthood