

Intent:

For learners to develop their independence and good health skills for them to be able to live as independently as possible for them. They will develop skills in order to keep their homes and personal spaces clean, manage a home and cook meals for themselves. Learners will become as independent as possible, given their own individual needs, to prepare them for adult life.

		Cycle A 26-27	Cycle B 27-28	Cycle C 25-26	Running throughout each cycle	
Autumn	1	<ul style="list-style-type: none"> Keeping safe in the home: Appliances <i>To be able to use appliances, such as hoovers and irons, safely.</i> 	<ul style="list-style-type: none"> Keeping safe in the kitchen <i>To be able to use kitchen items safely, e.g.: kettles, ovens or knives.</i> 	<ul style="list-style-type: none"> Keeping safe in the home: cleaning <i>To be able to identify and use cleaning items in a safe manner, eg: polish or bleach.</i> 		
	2	<ul style="list-style-type: none"> Household cleaning: kitchen <i>To be able to clean a kitchen to a good standard.</i> 	<ul style="list-style-type: none"> Household cleaning: living spaces <i>To be able to clean shared living spaces to a good standard.</i> 	<ul style="list-style-type: none"> Household cleaning: bedroom <i>To be able to clean and tidy a bedroom, to a good standard, including making a bed.</i> 		
Spring	1	<ul style="list-style-type: none"> Keeping clean: Personal Hygiene <i>To be able to keep their person clean, including showering, shaving and understanding what could happen if they do not.</i> 	<ul style="list-style-type: none"> Keeping clean: Teeth <i>Being able to clean their own teeth, make dentist appointments and understand the importance of dental hygiene.</i> 	<ul style="list-style-type: none"> Keeping clean: Clothes <i>To be able to clean, sort and store their own clothes.</i> 		
	2	<ul style="list-style-type: none"> Making Drinks <i>To be able to make simple hot and cold drinks.</i> 	<ul style="list-style-type: none"> Making Meals <i>To be able to make simple hot and cold meals and snacks.</i> 	<ul style="list-style-type: none"> Hosting <i>To be able to understand how to host other people, including social etiquette, laying a table and serving others.</i> 		
Summer	1	<ul style="list-style-type: none"> Budgeting: Money <i>To be able to budget money for the short and long term.</i> 	<ul style="list-style-type: none"> Planning your day: time <i>To be able to understand how to organise their day, including school and leisure time</i> 	<ul style="list-style-type: none"> Looking after bills <i>To be able to organise their bills within the home. Where appropriate, to look at loans, mortgages and credit cards.</i> 		

	2	<ul style="list-style-type: none"> • Shopping for food <i>To be able to create lists and go shopping for food, within a budget</i> 	<ul style="list-style-type: none"> • Shopping for clothes <i>To be able to go shopping for needed clothes, within a budget.</i> 	<ul style="list-style-type: none"> • Looking after your well-being at home <i>To understand how to look after their own well-being at home and what they can do to support themselves.</i> 		
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