

		Cycle 1
		(2019-2020)
Autumn	1	Living area
	2	Bedroom/ Laundry
Spring	1	Bathroom/ Laundry
	2	Kitchen
Summer	1	Shopping and budgeting
	2	Making a simple meal



## KS5 Home management MEDIUM TERM PLAN

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Aspiration for Life	Differentiated, aspirational targets dependent on pupil needs.	Language for Life	Explicit teaching/ exposure to new and known vocabulary.	Learning for Life	Opportunities to develop cross curricular skills e.g.		
CYCLE 1	<b>Living area</b>	<b>Bedroom/Laundry</b>	<b>Bathroom/Laundry</b>	<b>Kitchen</b>	<b>Shopping</b>	<b>Making a meal</b>	
	<b>Autumn 1 - 7 weeks</b>	<b>Autumn 2 - 7 weeks</b>	<b>Spring 1 - 6 weeks</b>	<b>Spring 2 - 6 weeks</b>	<b>Summer 1 - 5 weeks</b>	<b>Summer 2 - 7 weeks</b>	
	<b>Health and Hygiene   Using Appliances /chemicals safely   Cleaning</b>	<b>Health and Hygiene   Using Appliances /chemicals safely   Cleaning   Laundry</b>	<b>Health and Hygiene   Using Appliances /chemicals safely   Cleaning   Laundry</b>	<b>Health and Hygiene   Using Appliances safely   Cleaning</b>	<b>Where to shop   What to buy   Buying and budgeting</b>	<b>Health and Hygiene   Using Appliances   Making a meal</b>	
	<b>SUGGESTED PRACTICALS</b> <i>(Choose from or use suitable alternative)</i>						
	<b>Why do we clean Why should we be tidy Electrics/COSHH Hoovering Wiping surfaces Moving furniture Dusting</b>	<b>Why should we keep our bedroom tidy. Hazards Making the bed Changing the bed Washing Machine Putting clothes away correctly Ironing</b>	<b>Bathroom Hazards Cleaning the bathroom Bath/toilet/sink/shower Using a washing machine Using a dryer Using a maiden/washing line</b>	<b>Washing hands Wiping surfaces Cleaning appliances Kitchen safety Tidy cupboards</b>	<b>Stock taking Where we buy what from Shopping lists Pricing and budgeting Online shopping</b>	<b>Hygiene Appropriate clothing Using equipment Following a recipe Cooking safely</b>	
	<b>SKILLS</b>						
	Hoovering   Dusting   General tidying   Sweeping   Mopping   Wiping surfaces   Emptying bin	Making a bed   Changing a bed   Hoovering   Putting clothes away   General tidy   Hanging clothes in wardrobe   Folding clothes   Washing   Drying   Hanging clothes   Ironing	Cleaning bath   Mopping   Cleaning sink   Cleaning toilet   Cleaning shower   General tidy   Folding towels   Washing   Drying ironing	Washing up   Drying up   Dishwasher   Mopping   Sweeping   Wiping surfaces   Cleaning appliances   Toaster   Fridge   Cooker   Cleaning cupboards	Money   Planning meals   Reading recipes   Making lists   Stock taking   Budgeting   Shopping   Paying   Internet shopping	Washing hands   Cleaning surfaces   Reading recipes   Collecting ingredients   Use by sell by dates   Using appliances   Health and hygiene   cooking	
	<b>VOCABULARY</b> <i>(In addition to 'skills' terms listed above)</i>						
	Sanitation  Anti- bacterial   Industrial   Domestic   Agents   Bleach   Toxic   Acidic	Ironing board   Washing machine   Iron   Dryer   King size   Double   Single   Hazardous   Detergent   Fabric softener   Tabs	Clothesline   Clothes horse   Maiden   Attachments   Vacuum	Coffee machine   Fridge   Cook   Bacteria   Dishwasher   Kettle   Disinfect	Butcher greengrocer   Supermarket   Baker   Confectionary   Household   Online   Internet   Toiletries   Rotation	Expiration dates  Best before   Sell by   Whisk   Simmer   Tin opener   Boil Blend   Consistency   Temperature   appliances	
	<b>IMPLEMENTATION</b>						
<b>Week 1)</b> Introduction to home management / look around the flat (assessment) <b>Week 2)</b> Areas for cleaning and why we clean <b>Week 3)</b> Appliances/electrics using the equipment safely <b>Week 4-6)</b> Cleaning skills <b>Week 7)</b> Assessment review of work.	<b>Week 1)</b> Cleaning a bedroom what jobs need to be done and why <b>Week 2-6)</b> Cleaning/laundry skills <b>Week 7)</b> Assessment review of work.	<b>Week 1)</b> Cleaning a bathroom what needs to be done and why <b>Week 2-5)</b> Cleaning/laundry skills <b>Week 6)</b> Assessment review of work.	<b>Week 1)</b> Health and hygiene in the kitchen <b>Week 2)</b> Cleaning floors and surfaces <b>Week 3)</b> Cleaning equipment safely keeping areas tidy <b>Week 4-6)</b> Cleaning skills <b>Week 7)</b> Assessment review of work	<b>Week 1)</b> Stock taking <b>Week 2)</b> Shopping lists <b>Week 3)</b> Shops <b>Week 4)</b> Money/ budgeting <b>Week 5)</b> Going shopping <b>Week 6)</b> Shopping online <b>Week 7)</b> Putting away shopping	<b>Week 1)</b> Health and hygiene <b>Week 2)</b> Reading recipes/finding ingredients <b>Week 3)</b> Safety with equipment <b>Week 4-6)</b> Making a simple meal <b>Week 7)</b> Assessment review of work		

To facilitate and offer opportunities for our students to develop the basic skills of household cleaning, cooking and shopping so that they can become independent as they move forward into adult life. We aim to equip our students with skills to promote independence within all areas of home life offering an understanding of hygiene and good nutrition, creating a model that they can replicate and prepare them for becoming independent adults in a range of environments.