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**Long Term Mapping**

**Home management**

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|  | **Cycle 1** |
|
| **Autumn**  | **1** | Cleaning  |
| **2** | Laundry / Organising  |
| **Spring** | **1** | Keeping safe at home and during leisure activities  |
| **2** | Kitchen, hazards and appliances  |
| **Summer**  | **1** | Shopping / budgeting / meal preparation  |
| **2** | Making a simple meal / appliance  |

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| **KS5 Home Management MEDIUM TERM PLAN** |
| ***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** | 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. | **Cleaning**  | **Laurndary / organising**  | **Keeping safe in the home + leisure**  | **Kitchen hazards and appliences**  | **Shopping / budgeting/ meal preparation** |  **Making a simple meal/ using appliance**  |
| **Autumn 1** - 7 weeks | **Autumn 2 -** 7 weeks | **Spring 1 -** 6 weeks | **Spring 2 -** 6 weeks | **Summer 1 -** 5 weeks | **Summer 2 -** 7 weeks |
| * **Health and Hygiene**
* **Using Appliances /chemicals safely**
* **Cleaning different rooms in the home**
 | * **Health and Hygiene**
* **Using washing machines and dryers**
* **Sorting, organising clothing**
 | * **Storing items**
* **Emergency services**
* **Food hygiene**
* **Stranger / danger**
* **Using a phone**
 | * **Health and Hygiene**
* **Using Appliances safely**
* **Cleaning**
 | * **Where to shop**
* **What to buy**
* **Buying and budgeting**
 | * **Health and Hygiene**
* **Using Appliances**
* **Making a meal**
 |
| **SUGGESTED FUNTIONAL ACTIVITIES** *(Choose from or use suitable alternative)* |
| * **Why do we clean**
* **Why should we be tidy**
* **Electrics/COSHH**
* **Hoovering**
* **Wiping surfaces**
* **Moving furniture**
* **Dusting**
 | * **Hazards**
* **Making / Changing the bed**
* **Washing Machine dryer**
* **Putting clothes away correctly**
* **Sorting clothes - dark and whites**
* **Folding clothes**
* **Ironing**
* **Using a maiden**
 | * **Locking doors**
* **Who to ring in an emergency**
* **Stranger Danger**
* **Using a cooker and kettle safely**
* **Managing a fire**
* **Trip hazards**
* **Alarms**
* **Fire exits / evacuation plan**
* **Locking window**
* **Basic first aid**
 | * **Washing hands**
* **Wiping surfaces**
* **Cleaning appliances**
* **Kitchen safety**
* **Tidy cupboards**
* **Safe appliance use – kettle, microwave, pans, oven, toaster**
 | * **Stock taking**
* **Where we buy what from**
* **Shopping lists**
* **Pricing and budgeting**
* **Online shopping**
 | * **Hygiene**
* **Appropriate clothing**
* **Using equipment**
* **Following a recipe**
* **Cooking safely**
* **Meal planning and preparation**
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| **CULTURAL CAPITAL - ECO**  |
| * **Look at different home settings from other cultures**
* **Difference in furniture and layouts**
* **Using bins to dispose toilet paper**
 | * **Different methods of cleaning clothes - hand washing**
* **Different drying methods**
* **Saving the planet**
* **Recycling**
 | * **Police and fire visits**
* **Visit work places and look at health and safety - including PPE**
* **Do a risk assessment of a park**
 | * **Explore the different utensils that other cultures may use in the kitchen eg wok, Mortar and Pestle**
 | * **To visit a supermarket such as Wing Yip in Manchester**
* **Look at other types of shops that maybe visited from other cultures.**
* **Eating habits – religions, festivals and celebrations**
* **places to eat**

 | * **Explore and experiment with different recipes from various regions e.g. pies, Scottish pancakes scotch egg, welsh cakes and rarebit , fish and chips**
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| **SKILLS**  |
| **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****Sorting** **Hanging clothes****Ironing****Repairing clothes**  | **Basic first aid** **Fire evacuation plan****Identifying trip hazards****Who to call in an emergency****Checking fire alarms** **Locking opening doors with a key**  | **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** |
| **PREPARATION FOR ADULTHOOD**  |
| **Employment****Independent living****Good health****Community Inclusion**  | **Employment****Independent living** | **Independent living****Good health****Community Inclusion** | **Employment****Independent living****Community Inclusion** | **Employment****Independent living****Community Inclusion** | **Employment****Independent living****Good health** |
| **VOCABULARY *(In addition to ‘skills’ terms listed above)*** |
| **Sanitation****Anti- bacterial****Industrial****Domestic****Agents****Bleach****Toxic****Acidic****Safety****Plugs** **Cloth / sponge** **Mop / bucket****Hoover**  | **Ironing board****Washing machine****Iron****Dryer****King size****Double****Single****Hazardous****Detergent****Fabric softener****Tabs****Water** **Soap** | **999 - emergency services****Lock / key****Stranger / danger** **Alarms** **Safety** **Burn** **Plaster / bandages** **Evacuate**  | **Coffee machine****Fridge****Cooke****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** |
| **IMPLEMENTATION** |
| **Week 1) Identify the things around the home that need to be cleaned and why** **Week 2) What cleaning product are available and which one to use****Week 3)Appliances/electrics using the equipment safely****Week 4, 5 and 6 ) Cleaning skills (dusting, hoovering, wiping, washing up, drying , making a bed , cleaning bathrooms)****Week 7) Assessment review of work.** | **Week 1) Sorting laundary** **Week 2) using a dryer and washing machine** **Week 3)using a maiden folding clothes** **Week 4) How to use an iron** **Week 5) Hand washing items** **Week 6) Cleaning skills/laundry skills****Week 7) Assessment review of work.** | **Week 1) To identify things around the home that could cause harm and make the areas safe****Week 2**) **Who to ring in an emergency – different scenarios.** **Week 3** **What to do if there is a fire** **Week 4) Organising the home to reduce the risk of injury****Week 5) How to apply own basic first aid** **Week 6) Assessment review of work.** |  **Week 1) Health and hygiene in the kitchen****Week 2**) **Cleaning floors and surfaces****Week 3)Cleaning equipment safely keeping areas tidy****Week 4)Cleaning skills****Week 5)Cleaning Skills****Week 6)Cleaning skills****Week 7)Assessment review of work** | **Week 1) Stock taking****Week 2)Shopping lists****Week 3)Shops****Week 4)Money/ budgeting****Week 5)Going shopping****Week 6)Shopping online****Week 7)Putting away shopping** | **Week 1) Health and hygiene****Week 2) Reading recipes/finding ingredients****Week 3)Safety with equipment****Week 4)Making a simple meal****Week 5)Making a simple meal****Week 6)making a simple meal****Week 7)Assessment review of work** |
| **INTENT** |