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**Long Term Mapping**

**Home management**

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|  | **One year Cycle**  |
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| **Autumn**  | **1** | Living area |
| **2** | Bedroom/ Laundry |
| **Spring** | **1** | Bathroom/ Laundry |
| **2** | Kitchen |
| **Summer**  | **1** | Shopping and budgeting |
| **2** | Making a simple meal |

    

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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. | **Living area** | **Bedroom/Laundry** | **Bathroom/Laundry** | **Kitchen** | **Shopping** |  **Making a meal** |
| **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**
 | * **Health and Hygiene**
* **Using Appliances /chemicals safely**
* **Cleaning**
* **Laundry**
 | * **Health and Hygiene**
* **Using Appliances and chemicals**
* **Cleaning**
* **Laundry**
 | * **Health and Hygiene**
* **Using Appliances safely**
* **Cleaning**
 | * **Where to shop**
* **What to buy**
* **Buying and budgeting**
 | * **Health and Hygiene**
* **Using Appliances**
* **Making a meal**
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| **SUGGESTED PRACTICALS** *(Choose from or use suitable alternative)* |
| * **Why do we clean**
* **Why should we be tidy**
* **Electrics/COSHH**
* **Hoovering**
* **Wiping surfaces**
* **Moving furniture**
* **Dusting**
 | * **Why should we keep our bedroom tidy.**
* **Hazards**
* **Making the bed**
* **Changing the bed**
* **Washing Machine**
* **Putting clothes away correctly**
* **Ironing**
 | * **Bathroom Hazards**
* **Cleaning the bathroom**

**Bath/toilet/sink/shower*** **Using a washing machine**
* **Using a dryer**
* **Using a maiden/washing line**
 | * **Washing hands**
* **Wiping surfaces**
* **Cleaning appliances**
* **Kitchen safety**
* **Tidy cupboards**
 | * **Stock taking**
* **Where we buy what from**
* **Shopping lists**
* **Pricing and budgeting**
* **Online shopping**
 | * **Hygiene**
* **Appropriate clothing**
* **Using equipment**
* **Following a recipe**
* **Cooking safely**
 |
| **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****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 handsCleaning surfacesReading recipesCollecting ingredientsUse by sell by datesUsing appliancesHealth and hygienecooking |
| **VOCABULARY *(In addition to ‘skills’ terms listed above)*** |
| **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****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) Introduction to home management / look around the flat (assessment)****Week 2) Areas for cleaning and why we clean** **Week 3)Appliances/electrics using the equipment safely****Week 4) Cleaning skills****Week 5) Cleaning skills****Week 6)Cleaning skills****Week 7) Assessment review of work.** | **Week 1) Cleaning a bedroom what jobs need to be done and why****Week 2) Cleaning skills/laundry skills** **Week 3)Cleaning skills/laundry skills****Week 4) Cleaning skills/laundry skills****Week 5) Cleaning skills/laundry skills****Week 6) Cleaning skills/laundry skills****Week 7) Assessment review of work.** | **Week 1) Cleaning a bathroom what needs to be done and why****Week 2**) **Cleaning skills/laundry skills****Week 3) Cleaning skills/laundry skills****Week 4) Cleaning skills/laundry skills****Week 5) Cleaning skills/laundry skills****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** |