

Intent:

To facilitate the development of independent skills across a range of activities in preparation for adult life.

		Cycle A (2023-24)	Cycle B (2024-25)	Cycle C (2025-26)
Autumn	1	<ul style="list-style-type: none"> Health and Hygiene <i>To understand the importance of health and hygiene and the resources to support.</i> 	<ul style="list-style-type: none"> Health Appointments <i>To develop and understanding of health appointments necessary to maintain a healthy life.</i> 	<ul style="list-style-type: none"> Appropriate Equipment and Clothing <i>To gain an awareness of appropriate clothing for different household tasks, and potential hazards.</i>
	2	<ul style="list-style-type: none"> Independence in the Kitchen <i>To gain independence in a range of tasks and use of appliances within a kitchen.</i> 	<ul style="list-style-type: none"> Independent Household Tasks <i>To gain an understanding of making and changing a bed, folding and hanging clothes and ironing.</i> 	<ul style="list-style-type: none"> Cleaning a Bathroom <i>To develop skills and understanding of the requirements to clean a bathroom.</i>
Spring	1	<ul style="list-style-type: none"> Laundry <i>To develop confidence in laundry tasks.</i> 	<ul style="list-style-type: none"> Cleaning a Bedroom <i>To understand how to tidy, polish and Hoover a bedroom and maintain organisation.</i> 	<ul style="list-style-type: none"> Independent Household Tasks <i>To gain an understanding of hoovering, polishing, emptying bins, cleaning windows, sweeping, mopping, washing up, drying up.</i>
	2	<ul style="list-style-type: none"> Shopping and Stock <i>To develop the ability to check stock and complete shopping lists.</i> 	<ul style="list-style-type: none"> Household Stock <i>To develop the knowledge to check household stock and add essential items to a shopping list.</i> 	<ul style="list-style-type: none"> Organisation in the House <i>To develop systems to organise everyday living, shopping lists, notice boards, recipes, cleaning products, budgeting.</i>
Summer	1	<ul style="list-style-type: none"> Making a Meal <i>To plan a meal using a recipe, resource, budget and cook.</i> 	<ul style="list-style-type: none"> Shopping on a Budget <i>To gain an understanding of planning meals and shopping on a budget.</i> 	<ul style="list-style-type: none"> Reading Recipes <i>To gain confidence using recipes with the kitchen.</i>

	2	<ul style="list-style-type: none">• Cleaning a Kitchen <i>To understand all of the tasks required to maintain a clean kitchen.</i>	<ul style="list-style-type: none">• Understanding Maintenance of a Garden <i>To gain an understanding of maintaining a garden, bins and recycling.</i>	<ul style="list-style-type: none">• Understanding Bills within a Home <i>To gain an understanding of water, electrics and heating.</i>
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