



Valley College

Long Term Mapping Independent Life Skills - Valley College



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



Valley College Independent Life Skills - 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 learners 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 learners 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				
		<ul style="list-style-type: none"> Health and Hygiene Using Appliances /chemicals safely Cleaning 	<ul style="list-style-type: none"> Health and Hygiene Using Appliances/chemicals safely Cleaning Laundry 	<ul style="list-style-type: none"> Health and Hygiene Using Appliances and chemicals Cleaning Laundry 	<ul style="list-style-type: none"> Health and Hygiene Using Appliances safely Cleaning 	<ul style="list-style-type: none"> Where to shop What to buy Buying and budgeting 	<ul style="list-style-type: none"> Health and Hygiene Using Appliances Making a meal 				
		SUGGESTED PRACTICALS <i>(Choose from or use suitable alternative)</i>									
		<ul style="list-style-type: none"> Why do we clean Why should we be tidy Electrics/COSHH Hoovering Wiping surfaces Moving furniture Dusting 	<ul style="list-style-type: none"> Why should we keep our bedroom tidy. Hazards Making the bed Changing the bed Washing Machine Putting clothes away correctly Ironing 	<ul style="list-style-type: none"> Bathroom Hazards Cleaning the bathroom Bath/toilet/sink/shower Using a washing machine Using a dryer Using a maiden/washing line 	<ul style="list-style-type: none"> Washing hands Wiping surfaces Cleaning appliances Kitchen safety Tidy cupboards 	<ul style="list-style-type: none"> Stock taking Where we buy what from Shopping lists Pricing and budgeting Online shopping 	<ul style="list-style-type: none"> 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 hands Cleaning surfaces Reading recipes Collecting ingredients Use by sell by dates Using appliances Health and hygiene cooking				

		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					
INTENT	Week 1) Introduction to Independent Life Skills / look around the flat (assessment)	Week 1) Cleaning a bedroom what jobs need to be done and why	Week 1) Cleaning a bathroom what needs to be done and why	Week 1) Health and hygiene in the kitchen	Week 1) Stock taking	Week 1) Health and hygiene	
	Week 2) Areas for cleaning and why we clean	Week 2) Cleaning skills/laundry skills	Week 2) Cleaning skills/laundry skills	Week 2) Cleaning floors and surfaces	Week 2) Shopping lists	Week 2) Reading recipes/finding ingredients	
	Week 3) Appliances/electrics using the equipment safely	Week 3) Cleaning skills/laundry skills	Week 3) Cleaning skills/laundry skills	Week 3) Cleaning equipment safely keeping areas tidy	Week 3) Shops	Week 3) Safety with equipment	
	Week 4) Cleaning skills	Week 4) Cleaning skills/laundry skills	Week 4) Cleaning skills/laundry skills	Week 4) Cleaning skills	Week 4) Money/ budgeting	Week 4) Making a simple meal	
	Week 5) Cleaning skills	Week 5) Cleaning skills/laundry skills	Week 5) Cleaning skills/laundry skills	Week 5) Cleaning Skills	Week 5) Going shopping	Week 5) Making a simple meal	
	Week 6) Cleaning skills	Week 6) Cleaning skills/laundry skills	Week 6) Assessment review of work.	Week 6) Cleaning skills	Week 6) Shopping online	Week 6) Making a simple meal	
	Week 7) Assessment review of work.	Week 7) Assessment review of work.		Week 7) Assessment review of work	Week 7) Putting away shopping	Week 7) Assessment review of work	