**West Lancashire Community High School**

**ASDAN Personal Develop Programme/Lifeskills Challenge/Towards Independence**

**ASDAN – Wigan Be-Well Sessions**

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| **KS5** | **Autumn Term** | **Spring Term** | **Summer Term** |
| **Cycle 1** | **7.Health and Well-being** 7B3 – Learn something new7B4 – Experience something new  |
| **LifeSkills Challenge** | **3802 –** Experiencing climbing on a climbing wall |
| **Cycle 2** | **2. My Community**2A7 – Identify an activity that you would like to try**3. Sport and Leisure**3B5 – Take part in group outdoor leisure activities 3B1 – Participate in a sport or leisure activity over time  |
| **LifeSkills Challenge** | **1779 –** Participating in a canoeing trip**3417 –** Introduction to canoeing |
| **Cycle 3** | **3.Sport and Leisure**3B1 – Participate in a sport or leisure activity over time**7. Health and Well-being**7B3 – Learn something new **9.Science and Technology**9A1 – Complete different problem solving tasks  |
| **LifeSkills Challenge** | **1779 –** Participating in a canoeing trip**3417 –** Introduction to canoeing**3802 –** Experiencing climbing on a climbing wall |