**West Lancashire Community High School**

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

**ASDAN – Wigan Be-Well Sessions**

|  |  |  |  |
| --- | --- | --- | --- |
| **KS5** | **Autumn Term** | **Spring Term** | **Summer Term** |
| **Cycle 1** | **7.Health and Well-being**  7B3 – Learn something new  7B4 – 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 | | |