



SOUTH DERBYSHIRE SUPPORT CENTRE



KEY STAGE 2 SEQUENCING – My Futures (Life skills)

2023 - 2024

ACADEMIC

ENGAGEMENT

AUTUMN 1

Life skills – Skills in the kitchen

- What dangers can be found in the kitchen?
- Use a blender
- Using scales
- Marinading and sauces
- Bake a cake
- Use a grater

AUTUMN 2

Life skills – How to play a board game

- Taking turns and accept losing
- Bring a board game from home
- Daughts/Chess
- Ludo/Cards
- Scrabble/wordsearches
- Pool/Snooker
- Trip to a sports place
- Trip to a boardgame cafe

- Create recipes
- Cooking skills
- Design a board game
- Play different games

SPRING 1

Life skills – Using a computer

- Introduction to a computer – remembering log ins and passwords
- TEAMS – have a meeting
- What ways can you save a document
- Microsoft office – what can you use
- Calender – how to add important dates
- Minecraft and other online games
- Dangers of the internet and how to report it

SPRING 2

Life skills – Skills in a garden

- Planting a seed – sunflowers
- Using a spade (Dig a hole)
- How to use a lawnmower
- Collecting leaves and branches
- Hedgehogs/foxes/birds – make fat balls

- Help with with creating logins and display them
- Make squirrel benches/birdbox or bug hotel.

SUMMER 1

Career Choice – transport

- Introduction to transport in burton
- Walk to a bus stop/catch a bus
- Trip to a tram stop (Notts)
- Trip to an airport
- Trip to a Train station

SUMMER 2

Career choice – Planning a holiday

- Where would you go for a holiday and why?
 - Research a holiday and prices
 - What would you take on your holiday?
 - Currencies and chaneg du bureau
 - Importance of suntan and applying it
 - Build a sandcastle
 - Trip to the seaside
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- Design a bus, tram or train
 - Research a holiday and produce a list of what to buy.
 - Create a holiday brochure

2022 - 2023

ACADEMIC

ENGAGEMENT

AUTUMN 1

Life skill – Getting ready for school

- Alarm clocks and bedtime.
- Why do we have a shower/bath
- The importance of brushing your Teeth
- Clothes for school
- Reading a clock
- Shoelaces
- The importance of breakfast.

AUTUMN 2

Life skill – Making healthy meals

- Introduction to fruits
- Introduction to Vegetables
- Taste tests of different foods
- Visit to a greengrocer
- Prepare and cook a healthy meal
- The benefits of a good diet.
- Cook a healthy meal for KS2
- Trip to a healthy resaurant
- The dangers of a bad diet.

- Design a Uniform
- Build/design a clock
- Cooking lessons
- Planning a school trip to a resaurant

SPRING 1

Life skill – First aid

- Who to contact if something is wrong
- What is a first aid box
- Using a bandage/applying a splint
- Burnt skin – how to treat it quickly?
- Visit by the nurse/St. Johns ambulance
- Visit to the Doctors – where to go when you feel ill
- Visit to the chemist.

SPRING 2

Life skills – Going to the shop

- Planning a trip to the shop
- What are we going to buy?
- How do we get there?
- Recycling – do we take a bag?
- Counting money and change
- Create a shopping experience at SDSC
- Visit to shopping centre (Burton)
- Visit to shopping centre (Out of area)

- Create a first aid box for the classroom
- Design a first aid poster incase of an emergency
- Plan trips for an adventure

SUMMER 1

Life skills – Going to cinema and cafe

- What cinemas/cafes are near me
- How are we going to get there?
- Using a website (Cinema times)
- What can you buy at a cafe?
- Plan a coffee morning at SDSC
- Plan a cinema event at SDSC
- Visit to a café
- Visit to a cinema

SUMMER 2

Life skill - Swimming

- Where do we go to swim and how much does it cost
- What is a lifeguard?
- What do we wear when swimming
- How do you swim?
- Swimming lesson
- Trip to Moorways swimming
- Trip to marketon park
- Visit a leisure centre or sports event

- Write a movie review
- Create a menu for a café
- Design swimming shorts or a costume

Life skills in Key stage 2 is aimed at developing our pupil's knowledge of the world around them and how to access and navigate it with greater independence. Visual, engaging and practical sessions are aimed to develop creativity and positive experiences.

Students will have the opportunity to explore a selection of themes and look at the practical skills behind them. We aim to develop the self-confidence and self-esteem our pupils often lack on arrival at the centre so that pupils are encouraged to acquire the skills that will benefit them as they progress towards Key stage 3 and higher expectations of independence.

Life skills will provide inspiration for children to increase their curiosity about the world around them and enable them to gain skills beneficial to them when accessing the local community or managing themselves personally. This should be a positive building block for them to develop their abilities to engage appropriately with the world around them.

Life skills in Key stage 2 is laid out in a modular format with the pupils exploring a different life skills pathway each half term. This allows pupils to engage with similar themes of life skill development whilst being motivated by a change in options each term.



KEY STAGE 3 SEQUENCING – My futures (Life skills)

2 2023 - 2024 ACADEMIC	AUTUMN 1 Life skills – First Aid <ul style="list-style-type: none"> • Introduction to first aid • Gaining a qualification in first aid • The important of a first aid box • How to make a sling/splint • Work with St. John ambulance AUTUMN 2 Life Skills – Cooking skills <ul style="list-style-type: none"> • Living on a budget • The importance of eggs – what can we make? • Using an air fryer – what can we make? • Research a new skill to use in the kitchen • Design and make Xmas themed treats • Prepare an Xmas dinner for students and staff 	SPRING 1 Life skill – Personal care <ul style="list-style-type: none"> • Brushing teeth • Showers • Head lice • Hair products • Shaving • Nails SPRING 2 Life skills – Relationships <ul style="list-style-type: none"> • Marriage and divorce • Friendships • Older and younger peers • Boyfriend/girlfriend – what you can and cannot do • What is a family? • Having a child 	SUMMER 1 Life skills – languages <ul style="list-style-type: none"> • Why learn different languages? • France (Language and food) • Spain (Language and food) • Italian (Language and food) • Germany (Language and food) • Other language of their choice SUMMER 2 Life skills – Health and fitness <ul style="list-style-type: none"> • Create a healthy Smoothie? • How fit are we? • Create/learn new fitness techniques • Learn a new sport • Visit a gym/leisure centre • Potential to join a gym • Potential to get a fitness instructor in school
	AUTUMN 1 <ul style="list-style-type: none"> • Create a first aid poster for SDSC AUTUMN 2 <ul style="list-style-type: none"> • Create recipes and cook food for students 	SPRING 1 <ul style="list-style-type: none"> • Create a diary of health routine in daily life SPRING 2 <ul style="list-style-type: none"> • Produce a powerpoint of all the types of relationships a person can have 	SUMMER 1 <ul style="list-style-type: none"> • Recipes based on countries traditions SUMMER 2 <ul style="list-style-type: none"> • Participate in new sports
1 2022 – 2023 ACADEMIC	AUTUMN 1 Life skills - Clothes <ul style="list-style-type: none"> • Labels on our clothes • How to use a washing machine • Washing powder/ conditioner • Tumble dry or let clothes dry off naturally • How do you use an iron • How to fold up clothes • Getting the worst stains out of clothes • Sewing a hole up AUTUMN 2 Life Skills – Thinking of others <ul style="list-style-type: none"> • Why should we think of others? • What benefits do we get from helping people? • Create an event for key stage 2 • Friends – can we forgive when they make a mistake • Buying a present (Trip) • Making Christmas cards • Produce a Christmas dinner for SDSC 	SPRING 1 Life skills – Fitness and new starts <ul style="list-style-type: none"> • What is a new year's resolution? • What are our aspirations for 2023? • Create a healthy Smoothie? • How fit are we? • Create/learn new fitness techniques • Learn a new sport • Visit a gym/leisure centre SPRING 2 Life Skills – Growing fruit and vegetables <ul style="list-style-type: none"> • Plant seeds/learn the basics • How to keep plants alive • Create instructions for students using the greenhouse • What could you do with the fruit and vegetables we have grown? • Visit a garden centre • What to grow over the summer? 	SUMMER 1 Life Skills – Pocket money <ul style="list-style-type: none"> • Do we still get pocket money? • Physical money or use a direct debit – safe ways to keep money • What banks can you use • Online apps and their advantages • Stock exchange • cryptocurrencies SUMMER 2 Life skills – Planning a trip <ul style="list-style-type: none"> • What activity (Black rocks) • Clothes to wear for activity • Health and safety – is it important? • Prepare food for trip • Visit to carsington waters (build a boat) • Visit to Black rocks for abailing
	AUTUMN 1 <ul style="list-style-type: none"> • Produce a poster how to use a washing machine • Wash and iron clothes AUTUMN 2 <ul style="list-style-type: none"> • Practice wrapping presents • Decorate SDSC for Christmas • Design Christmas cards 	SPRING 1 <ul style="list-style-type: none"> • Create a recipe on fitness • Make healthy foods (Taste tests) SPRING 2 <ul style="list-style-type: none"> • Design a green house • Taste different fruits and vegetables 	SUMMER 1 <ul style="list-style-type: none"> • Compare pocket money throughout the generations • Design a new cover for a coin SUMMER 2 <ul style="list-style-type: none"> • Take pictures of the natural world/prepare for trip • Produce a map for the trips

The aim of the Key stage 3 life skills curriculum is to build on the opportunities provided in our Key stage 2 curriculum and assist our pupils in developing the mindset that they can engage with the world around them with greater independence and begin to manage their own lives with some autonomy.

Students will investigate and experience life skills with the opportunity of utilising these skills in a 'real life' context. We support our students to learn new skills and develop their knowledge so that they have are able to manage themselves effectively and develop into well rounded adults. The Key stage 3 curriculum is taught in the same modular format as the Key stage 2 curriculum. This allows pupils to explore different life skills each half term and engage with similar themes of life skill development whilst being motivated by a change in options each term.



KEY STAGE 4 SEQUENCING – My Futures (Life skills)

Year 11

ACADEMIC

AUTUMN 1 Create CV and career path (Continued/review)

- Introduction to a CV
- Other colleges are in our surrounding area?
- What courses can we apply for?
- What are the benefits of going to college? (Compare)
- Transport – how are we getting there?
- Plan trips to colleges for next term

AUTUMN 2 Theme – Derbyshire/staffordshire County Council (Close to home) Continued

- What is new around the area
- Derbyshire website (Career/jobs)
- Staffordshire website(Career/job)
- Visit to places of interest
- Trips to colleges
- Guest Speakers

SPRING 1 Theme – Derby/Nottingham City council (Further afield) Continue

- What is new around the area
- Derby city council (Career/jobs)
- Nottingham website (Career/job)
- Visit to places of interest
- Trips to colleges
- Guest Speakers

SPRING 2 Jobs online (Technology and jobs) Continued

- Jobs on popular websites
- Education on websites
- What documents are needed in applying for a job
- Using TEAMS/ZOOM for an interview
- Trips to colleges
- Guest Speakers

SUMMER 1 Prepare for working life (Continued)

- Uniform
- Pay and wage slips
- Banks and credit card
- Pensions
- Transport
- Exam Preparation
- Education whilst getting older
- Trips to colleges
- Guest Speakers

SUMMER 2 Future aspirations (Year 10)

- What would you like to do?
- What qualifications would you need?
- Places to visit and of interest
- Team building for year 11
- Trips to colleges
- Guest Speakers

ENGAGEMENT

AUTUMN 1 Update and change Careers board and job folder

- Create Posters on careers

AUTUMN 2 Update and change Careers board and job folder

- Compare places in Derbyshire and Staffordshire

SPRING 1

- Update and change Careers board and job folder
- Compare places in Derby and Nottingham

SPRING 2

- Update and change Careers board and job folder
- Compare places in Derby/Nottingham

SUMMER 1

- Update and change Careers board and job folder
- ComCompare uniforms in different jobs

SUMMER 2

- Update and change Careers board and job folder
- Divise games to develop team building

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Year 10

ACADEMIC

AUTUMN 1 Life skills – Banks and savings

- Why have a savings account
- Possible project with Barclays
- What do you need to start a savings account?
- Direct debits and standing order
- Interest rates
- Design your own card for a bank
- Plan trip to a bank

AUTUMN 2 Life skills – Advanced skills in a kitchen

- Using a food blender
- Making Fresh pasta
- Vegetarian options
- Make ice cream
- Difference between baking and cooking
- Trip to have a fine dine experience
- Help with Christmas dinner

SPRING 1 Life skills – Fitness and new starts

- What is a new year's resolution?
- What are our aspirations for 2023?
- Create a healthy Smoothie?
- How fit are we?
- Create/learn new fitness techniques
- Learn a new sport
- Visit a gym/leisure centre

SPRING 2 Life skills – First Aid

- Introduction to first aid
- Gaining a qualification in first aid
- The importance of a first aid box
- How to make a sling/splint
- Work with St. John ambulance

SUMMER 1 Life skills - Buying a house/renting

- Where would you like to live?
- Searching for a house
- Different types of houses
- How do you pay for a mortgage
- Pensio
- How much deposit do I need
- Visit an estate agent
- Visit a house for sale

SUMMER 2 Future aspirations (Year 10)

- What would you like to do?
- What qualifications would you need?
- Places to visit and of interest
- Team building for year 11
- Trips to colleges
- Guest Speakers

ENGAGEMENT

AUTUMN 1 Research banks

- What freebies can you get for joining a bank?

AUTUMN 2

- Create recipes and cook food for students

SPRING 1

- Compare prices of gyms in and around the area

SPRING 2

- Create a first aid poster for SDSC
- Complete admin of the location of first aid boxes and what is in them.

SUMMER 1

- Use websites to search different houses and how much they cost

SUMMER 2

- Update and change Careers board and job folder
- Divise games to develop team building

In Key stage 4 the main objective for all students is to formalise their understanding of the importance of being able to navigate the world around them independently, effectively and appropriately. This includes developing skills linked to housing, careers and money management. Building on from the Key stage 3 curriculum that is focused on Life skills in careers, the sequence of lessons in Key stage 4 is designed to supply pupils with a clear pathway to greater independence. The year 10 curriculum is modular in nature in order to allow pupils to explore different life skills each half term and engage with similar themes of life skill development whilst being motivated by a change in options each term. In year 11 each half term builds on the learning of the previous half term so that when pupils move on from South Derbyshire Support Centre at the end of Year 11, they are already set up with their next educational or work-related provision and have the life skills to be successful in these pathways. This curriculum follows the careers pathway so that pupils have enough time to engage in visits to other provisions so that they feel confident in their future journey post their time at SDSC.

At South Derbyshire Support Centre we aim to provide each student with a bespoke and individual life skills curriculum in Key stage 4 in order to develop confidence, clarity and opportunities for our pupils.