



Explorer

Explorer Curriculum – Building block to Formal Curriculum

- The building block before a fully formal curriculum.
- Strong focus on Early Literacy and Numeracy.
- Key skills and knowledge to understand the world around them.
- Functional Skills to apply basic knowledge.
- For children with moderate learning difficulties, autism and other learning needs. Learning takes place through tangible 'real life situations' with regular revisiting of learning.
- Students follow an Entry Level (1-3) Pathway at KS4 and KS5.

6.5E- 6.2 E - Explorer Curriculum – Life skills / 4 lessons every other week

	2020 – 2021 Autumn 1 Unit 1 Personal Health &Hygiene EL1-EL3 Healthy Lifestyles L1	2020 – 2021 Autumn 2 Unit 1 Personal Health &Hygiene EL1-EL3 Healthy Lifestyles L1	2020 – 2021 Spring 1 Unit 1: Personal Health &Hygiene EL1-EL3 Healthy Lifestyles L1	2020 – 2021 Spring 2 Unit 1: Personal Health &Hygiene EL1-EL3 Healthy Lifestyles L1	2020 – 2021 Summer 1 Unit 1: Personal Health &Hygiene EL1-EL3 Healthy Lifestyles L1	2020 – 2021 Summer 2 Unit 1: Personal Health &Hygiene EL1-EL3 Healthy Lifestyles L1
Year 6.5-6.2	<p>Topic: Personal Health &Hygiene EL1-EL3</p> <p>Key Questions:</p> <p>Can you find out the meaning of the word “hygiene” and “routine”</p> <p>Do you know why bathing or showering is part of a regular personal routine?</p> <p>How many personal hygiene routines do you know?</p> <p>Do you know any toiletry products?</p> <p>Can you select toiletry items for personal use?</p> <p>Healthy Lifestyles L1</p>	<p>Topic: Personal Health &Hygiene EL1-EL3</p> <p>Key Questions:</p> <p>Do you know any toiletry products?</p> <p>Can you select toiletry items for personal use?</p> <p>Can you identify why clothes should be changed and washed regularly?</p> <p>Healthy Lifestyles L1</p>	<p>Topic: Personal Health &Hygiene EL1-EL3</p> <p>Key Questions:</p> <p>Can you identify a routine for changing underwear?</p> <p>Can you identify why oral health is important?</p> <p>Can you give examples of oral care products?</p> <p>Healthy Lifestyles L1</p>	<p>Topic: Personal Health &Hygiene EL1-EL3</p> <p>Key Questions</p> <p>Can you identify when and how teeth should be cleaned?</p> <p>Can you identify positive things in your lifestyle?</p> <p>Can you identify negative points in your lifestyle e.g. too much computer/ console games, not being active;</p> <p>Healthy Lifestyles L1</p>	<p>Topic: Personal Health &Hygiene EL1-EL3</p> <p>Key Questions</p> <p>Recapping the knowledge and skills used in preparing clothes for washing, using the washing machine, brushing teeth;</p> <p>Healthy Lifestyles L1</p> <p>Outline a plan to improve own lifestyle.</p> <p>Recapping the knowledge about</p>	<p>Topic: Personal Health &Hygiene EL1-EL3</p> <p>Recapping the knowledge and skills used in preparing clothes for washing, using the washing machine, brushing teeth;</p> <p>Healthy Lifestyles L1</p> <p>Recapping the knowledge about healthy lifestyles, hygiene;</p>

<p>Can you state what is meant by a healthy and balanced diet?</p> <p>Can you identify the essential food groups in a balanced diet?</p> <p>Key skills and knowledge:</p> <p>EL1-EL3 Learners will understand the need for personal hygiene.</p> <p>They will know the uses of toiletry products.</p> <p>L1 Learners will know how to maintain a healthy diet and exercise regime.</p> <p>They will understand the importance of a balanced diet to a healthy lifestyle</p> <p>Assessment outcome: Students will take part in discussions and write down potential hazards in the home.</p> <p>Students will complete assessment criteria from OCN Skills for Living and work course;</p>	<p>State how lack of exercise can affect the human body.</p> <p>Can you outline the importance of physical activity to a healthy lifestyle?</p> <p>Outline 3 different types of exercise/sport/activity.</p> <p>Can you identify why clothes should be changed and washed regularly, especially after the exercise?</p> <p>Key Skills and knowledge:</p> <p>EL1-EL3 learners will understand the need to change and wash clothes regularly.</p> <p>L1 Learners will know about the importance of exercise to a healthy lifestyle.</p> <p>Assessment outcomes:</p> <p>Defining hygiene, toiletry products, healthy lifestyles.</p> <p>Students will complete assessment criteria from OCN Skills for Living and work course;</p>	<p>Outline the effects of stress on the human body.</p> <p>State what is meant by emotional and mental well-being.</p> <p>Outline how work/life balance can help maintain emotional and mental wellbeing.</p> <p>Key skills and knowledge:</p> <p>EL1-EL3 learners will know the importance of oral health.</p> <p>L1 learners will understand the importance of emotional and mental well-being.</p> <p>Assessment outcomes:</p> <p>Students will complete assessment criteria from OCN Skills for Living and work course;</p>	<p>Healthy Lifestyles L1</p> <p>Give positive and negative points of own lifestyle in relation to physical and mental health, and emotional well-being.</p> <p>Identify sources of information and/or support and how they can be accessed.</p> <p>Key skills and knowledge:</p> <p>EL1-EL3 learners will know the importance of oral health.</p> <p>L1 learners will understand the importance of emotional and mental well-being.</p> <p>Assessment outcomes:</p> <p>Students will complete assessment criteria from OCN Skills for Living and work course;</p>	<p>healthy lifestyles.</p> <p>Key skills:</p> <p>L1 learners will have some ideas how to improve own lifestyle.</p> <p>Assessment outcomes:</p> <p>Students will complete assessment criteria from OCN Skills for Living and work course;</p>	<p>Key Skills:</p> <p>EL1-EL3 Learners will consolidate the need for personal hygiene.</p> <p>Assessment outcome:</p> <p>Consolidating the skills and knowledge. Final assessment on the information gained through the year.</p>
--	--	--	---	---	---

Links to
Gatsby
Bench-
marks:

--

--

--

--

--

--

