

## Class 3D - Discovery Curriculum – Self-Help & Independence/

Year	2024 – 2025 Autumn 1	2024 – 2025 Autumn 2	2024 – 2025 Spring 1	2024 – 2025 Spring 2	2024 – 2025 Summer 1	2024 – 2025 Summer 2
Year 7,8,9	<p><b>Topic:</b> <b>Personal safety</b></p> <p><b>Key Questions:</b></p> <p>Can you write your name? Do you know the name of the city you live in? Do you know the name of the country you live in? Do you know your address? Do you know who you can give your address to in an emergency? Do you know why you should not give your address to unknown people? Do you know who is a trusted adult/ person?</p> <p>Do you know the stranger-danger rule?</p> <p><b>Key skills and knowledge:</b></p> <p>To know the city/country we live in.</p>	<p><b>Topic:</b> <b>Personal safety/Road safety</b></p> <p><b>Key Questions:</b></p> <p>Do you know what are dangers to your safety outside / on the road/in the community? Can you cross the road safely? Can you take part in crossing the road where there are traffic lights? What do we need to do to be safe on the road?</p> <p><b>Key skills and knowledge:</b></p> <p>To be able to recognize dangers on the road.</p> <p>To be able to recognize road safety rules.</p> <p>To practice crossing the road safely (role play, school playground)</p>	<p><b>Topic:</b> <b>Personal hygiene</b></p> <p><b>Key Questions:</b></p> <p>What is personal hygiene? What is appearance? Can you wash your hands properly? When do we need to wash our hands? Germs, bacteria - do you know what they are? Do you know how to brush your teeth properly? Clean nails- do you know how to look after your nails?</p> <p><b>Key skills and knowledge:</b></p> <p>To be able to wash hands properly.</p> <p>To know when we need to wash our hands.</p> <p>To understand the hazards of not washing hands and not looking after our body.</p>	<p><b>Topic:</b> <b>Personal hygiene</b></p> <p><b>Key Questions:</b></p> <p>What is the difference between a good and bad look/ appearance? Can you recognize good/bad smell? Hygiene products- do you know any? How to look after our hair/body?</p> <p><b>Key skills and knowledge:</b></p> <p>To be able to spot a difference between good and bad appearance.</p> <p>To be able to recognize unpleasant smells when people do not wash and clean themselves.</p> <p>To be able to recognize when we need to wash our hair/ body.</p>	<p><b>Topic:</b> <b>Self-awareness /skills for work</b></p> <p><b>Key Questions:</b></p> <p>Do you know what you look like? E.g. hair color, eyes color, height, shoe size, What is your favourite food? What is your favourite subject? Can you recognise your family and friends circle?</p> <p><b>Key skills and knowledge:</b></p> <p>To be able to describe themselves, with close support.</p> <p>To be able to give examples of favourite foods, subjects, preferences.</p> <p>To be able to make a choice from supported materials related to appearance, foods, hobbies;</p>	<p><b>Topic:</b> <b>Self-awareness /skills for work</b></p> <p><b>Key Questions:</b></p> <p>Can you recognize/identify things you like doing in your free time? Can you identify things you are good at doing? E.g. reading, drawing, playing basketball, swimming, riding a bike; Can you, with support, or independently, from given choices, identify at least one thing you would like to do in the future?</p> <p><b>Key skills and knowledge:</b></p> <p>To be able to give examples of own hobbies/interests.</p> <p>To learn how to make simple choices from supported materials, pictures, videos.</p> <p>To understand that having hobbies can</p>

