

6.3 E Curriculum – Life Skills – 2 Lessons a week

2025 - 2026

Year	2025-2026 Autumn 1 Unit 1	2025-2026 Autumn 2 Unit 2	2025-2026 Spring 1 Unit 3	2025-2026 Spring 2 Unit 4	2025-2026 Summer 1 Unit 5	2025-2026 Summer 2 Unit 6
6.3 E	Topic: Domestic skills EL3 Carry out a practical activity.EL2 Suggested Key Questions: EL2: Taking part in a practical activity. Using tools/equipment required for an identified activity. Checking on evidence gathered through practical tasks. EL3 Do you know domestic chores? Do you understand why do we need to keep our home clean? Can you take part in chores such as sorting the laundry? Key Skills and Knowledge: To be able to do practical tasks.	Topic: Domestic skills Carry out a practical activity. Suggested Key Questions: EL2/ EL3 Active Learning: Can you actively engage in a task? Problem-Solving with support: Skill Development: Feedback: Getting instant feedback on your performance, allowing you to correct mistakes and improve. Connecting Theory and Practice: Practical activities show how abstract concepts work in real life, deepening your understanding. Participating in domestic activities	Topic: Money Suggested Key Questions: Do you know British coins and notes? Can you add and subtract small amounts of money? Recognizing coins and notes. Taking part in making different amounts of money- adding coins. Start giving the right change- EL2 the whole pounds. EL3 – pounds and pence, decimal points, different change from transactions; Key Skills and Knowledge: Learners will know coins and notes involving the whole numbers. Students will be able to take part in simple transactions involving money	Topic: Money Suggested Key Questions: Do you know how to calculate money to pay for an item? Can you demonstrate paying for an item? Can you write sums as a decimal point? EL3 Can you add, subtract different sums of money? Key Skills and Knowledge: Learners will know coins and notes involving the whole numbers. Students will be able to take part in simple transactions involving money and count British coins and notes. Learners will know coins and notes involving the whole numbers. Students	Topic: Personal care and hygiene EL2, Healthy Lifestyles EL3 Suggested Key Questions: Identify why bathing or showering is part of a regular personal routine. Identify other personal hygiene routines. State what is meant by a healthy and balanced diet. Can you identify essential food groups in a balanced diet? State the importance of physical activity to a healthy lifestyle. Can you identify 2 different types of exercise/sport/activity? Identify an effect of stress on the human body. Key Skills and Knowledge:	Topic: Personal care and hygiene EL2, Healthy Lifestyles EL3 Suggested Key Questions: Identify two examples of toiletry products. Select two toiletry items for personal use. Identify why clothes should be changed and washed regularly. Identify a routine for changing underwear. State how lack of exercise can affect the human body State what is meant by emotional and mental well-being. Can you identify how work/life balance can help maintain emotional and mental well-being? Identify why oral health is important. Give two examples of oral care products. Identify when and how teeth should be cleaned.

