

6.4 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
6.4 E	<p>Topic: Domestic skills EL3 Carry out a practical activity.EL2</p> <p>Suggested Key Questions:</p> <p>EL2: Taking part in a practical activity. Using tools/equipment required for an identified activity.</p> <p>Checking on evidence gathered through practical tasks.</p> <p>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?</p> <p>Key Skills and Knowledge:</p> <p>To be able to do practical tasks.</p>	<p>Topic: Domestic skills Carry out a practical activity.</p> <p>Suggested Key Questions:</p> <p>EL2/ EL3 Active Learning: Can you actively engage in a task?</p> <p>Problem-Solving with support:</p> <p>Skill Development: Feedback: Get instant feedback on your performance, allowing you to correct mistakes and improve.</p> <p>Connecting Theory and Practice: Practical activities show how abstract concepts work in real life, deepening your understanding.</p> <p>Participating in domestic activities such as laundry, ironing, and cleaning.</p> <p>Key skills and knowledge</p>	<p>Topic: Money</p> <p>Suggested Key Questions:</p> <p>Do you know British coins and notes? Can you add and subtract small amounts of money?</p> <p>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;</p> <p>Key Skills and Knowledge:</p> <p>Learners will know coins and notes involving the whole number. Students will be able to take part in simple transactions involving money</p>	<p>Topic: Money</p> <p>Suggested Key Questions:</p> <p>Do you know how to calculate money to pay for an item? Can you demonstrate paying for an item?</p> <p>Can you write sums as a decimal point? EL3</p> <p>Can you add or subtract different sums of money?</p> <p>Key Skills and Knowledge:</p> <p>Learners will know coins and notes involving the whole number. Students will be able to take part in simple transactions involving money and count British coins and notes.</p> <p>Learners will know coins and notes involving the whole number. Students</p>	<p>Topic: Personal care and hygiene EL2, Healthy Lifestyles EL3</p> <p>Suggested Key Questions:</p> <p>Identify why bathing or showering is part of a regular personal routine. Identify other personal hygiene routines.</p> <p>State what is meant by a healthy and balanced diet. Can you identify essential food groups for a balanced diet?</p> <p>State the importance of physical activity to a healthy lifestyle. Can you identify 2 different types of exercise/sport/activity? Identify the effect of stress on the human body.</p> <p>Key Skills and Knowledge:</p>	<p>Topic: Personal care and hygiene EL2, Healthy Lifestyles EL3</p> <p>Suggested Key Questions:</p> <p>Identify two examples of toiletry products. Select two toiletry items for personal use.</p> <p>Identify why clothes should be changed and washed regularly. Identify a routine for changing underwear.</p> <p>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.</p>

	<p>To develop teamwork skills. To be able to evaluate your own work and take part in setting simple targets.</p>	<p>Students learn by doing, which helps them remember and understand better than just reading or listening. Repeated practice improves students' technical, physical, and cognitive skills. Building Confidence: Hands-on experience boosts confidence as students notice their progress and understand their own capabilities.</p>	<p>and count British coins and notes.</p>	<p>will be able to take part in simple transactions involving money and count British coins and notes.</p>	<p>Students will gain knowledge on the importance of personal hygiene and be aware of the need for oral health.</p> <p>Students will gain knowledge on balancing healthy eating and secrets to maintain a healthy lifestyle.</p>	<p>Key Skills and Knowledge:</p> <p>Students will gain knowledge on the importance of personal hygiene and be aware of the need for oral health.</p> <p>Students will gain knowledge on balancing healthy eating and secrets to maintain a healthy lifestyle.</p>
<p>Links to Gatsby Benchmarks:</p>	<p>4. Linking curriculum learning to careers.</p> <p>Exploring different domestic skills for working as a team. Looking at jobs involving practical skills.</p>	<p>4. Linking curriculum learning to careers.</p> <p>Exploring different opportunities of domestic skill for working as a team. Looking at jobs involving practical skills.</p>	<p>4. Linking curriculum learning to careers.</p> <p>Exploring different opportunities of domestic skill for working as a team. Looking at jobs involving practical skills.</p>	<p>4. Linking curriculum learning to careers.</p> <p>Exploring different domestic skills for working as a team. Looking at jobs involving practical skills.</p>	<p>4. Linking curriculum learning to careers.</p> <p>Exploring different domestic skills for working as a team. Looking at jobs involving practical skills.</p>	<p>4. Linking curriculum learning to careers.</p> <p>Exploring different domestic skills for working as a team. Looking at jobs involving practical skills.</p>

