

Curriculum intent (overview) – To deepen students’ skills and knowledge through a broad and balanced curriculum which prepares students for adulthood.

Class 6.3. - Explorer Curriculum – Life skills/ PFA/ 2 lessons per week

Year	2026– 2027 Autumn 1 Unit 1	2026– 2027 Autumn 2 Unit 2	2026– 2027 Spring 1 Unit 3	2026– 2027 Spring 2 Unit 4	2026– 2027 Summer 1 Unit 5	2026– 2027 Summer 2 Unit 6
12, 13,14	<u>Topic:</u> <u>Topic:</u> <u>Personal care and hygiene EL2,</u> <u>Healthy Lifestyles EL3/L1</u> <u>Suggested Key Questions:</u> 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. PFA Knowing Myself Questions:	<u>Topic:</u> <u>Personal care and hygiene EL2,</u> <u>Healthy Lifestyles EL3/L1</u> <u>Suggested Key Questions:</u> 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. PFA	<u>Topic:</u> <u>Topic:</u> <u>Personal care and hygiene EL2,</u> <u>Healthy Lifestyles EL3/L1</u> <u>Suggested Key Questions:</u> Identify why clothes should be changed and washed regularly. Identify a routine for changing underwear. Can you identify a positive and negative point of own lifestyle in relation to physical and mental health, and emotional well-being? Identify a source of information and/or support and how it can be accessed. Can you identify a plan to improve own lifestyle? Identify why oral health is important. Give two examples of oral care products. Identify when and how teeth should be cleaned. PFA	<u>Topic:</u> <u>Money L1/EL3/ EL2</u> <u>Finishing off the Healthy Lifestyles</u> <u>Suggested Key Questions:</u> Do you know British coins and notes? Can you add and subtract small amounts of money? PFA Managing Money Questions: How do I pay for things? Skills: Numeracy Decision-making Knowledge: Coins, budgeting basics Ideas:	<u>Topic:</u> <u>Money L1/EL3/ EL2</u> <u>Suggested Key Questions:</u> Do you know how to calculate money to pay for an item? Can you demonstrate paying for an item? PFA Transition & Future Goals Questions: What do I want to do next? Skills: Goal setting Reflection Knowledge: Options (college, work, training) Ideas: Personal goal plans End-of-year reflection	<u>Topic:</u> <u>Money L1/EL3/ EL2</u> <u>Suggested Key Questions:</u> Can you write sums as a decimal point? EL3 Can you add, subtract different sums of money? PFA Transition & Future Goals Questions: What do I want to do next? Skills: Goal setting Reflection Knowledge: Options (college, work, training) Ideas: Personal goal plans End-of-year reflection

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What am I good at? What do I need help with? Skills: Self-awareness Communication Knowledge: Personal strengths, preferences, needs Ideas: “All About Me” posters Strengths sorting activities • Daily Living Skills Questions: What do I need to do every day to take care of myself? Skills: Organisation Independence Knowledge: Personal hygiene, routines Ideas: Visual routine charts Practicing morning routines • Personal Safety (School & Community)	• Fire Safety & Emergencies Questions: What do I do if there is a fire? Skills: Following instructions Staying calm Knowledge: Evacuation procedures, 999 calls Ideas: Practice fire drills Role-play emergency calls • Social Skills Questions: How do I talk to people politely? Skills: Communication Listening Knowledge: Greetings, turn-taking Ideas: Role-play conversations Social stories • Communication for Work	• Healthy Living Questions: How do I stay healthy? Skills: Self-care Knowledge: Food choices, exercise, sleep Ideas: Healthy meal planning Exercise routines • Skills for Work Questions: What skills do I need for a job? Skills: Teamwork Responsibility Knowledge: Timekeeping, behaviour Ideas: Group tasks Responsibility roles in class <u>Key Skills and Knowledge:</u>	Shop simulations Matching coins and prices <u>Key Skills and Knowledge:</u> 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;	<u>Key Skills and Knowledge:</u> 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;
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