**Preparing for Adulthood - Long term plan – Sixth Form**

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|  | **Community Inclusion** | **Health** | **Employment** | **Independent Living** |
| **Lizz Cawley** | Tues PM | Mon (practical) & Fri (theory) PM | Thurs PM (practical) & Fri PM (theory) | Wed PM |
| **Lindsay Clayton** | Wed PM | Mon (practical) & Fri (theory) PM | Thurs | Tues PM |

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| **Year** |  | Autumn Term | | Spring Term | | Summer Term | |
|  | Autumn term 1 | Autumn Term 2 | Spring Term 1 | Spring Term 2 | Summer Term 1 | Summer Term 2 |
| **A** | **Community Inclusion** | What local areas can I get to by walking? | Supporting community Groups in our local area | Start a Local community initiative. | Provide a community service for people to come and access | Adult social care activities | Online gaming |
| **Health - practical** | Swimming | Swimming | Gym | Gym | Outdoor sports & cycling | Outdoor sports & cycling |
| **Health - theory** | Myself, Keeping myself fit and healthy and personal care. | Sex and relationships | Heathy / unhealthy drinks, bullets, Alcohol, Milk, Coke etc | Introduction to First Aid | Mental health and wellbeing | Articulating pain, health problems, getting advice, Visiting the GP and immunisations |
| **Employment (practical)** | Employer encounter – hospitality & catering  Café or food service | Employer encounter – self-employed / creative industry  Enterprise | Post school provider – Petty Pool  Tour, taster sessions | Employer encounter – Motherwell  Social action to support charity | Employer encounter – practical industry  Maintenance | Post School Provider – Princes Trust  Talk & project |
| **Employment (theory - blue)** | Vocational profile (will be revisited half termly) | Functional English in the workplace (Communication skills for the workplace) | Functional Maths in the workplace (pay, tax, benefits) | Creativity skills for the workplace | Functional English in the workplace (job research skills) | Functional Maths in the workplace (measure) |
| **Independent Living** | Keeping safe in the home. | Managing your own time | Consent and best interest | Money Management | Managing bills | Different living arrangements |
| **B** | **Community Inclusion** | Being safe on the streets | Understanding alcohol and legal / illegal drugs | Developing new friendships (social groups) | Understanding the criminal justice system | What Community groups can we visit using the bus? | What Community groups can we visit using local transport |
| **Health - practical** | Swimming | Swimming | Gym | Gym | Outdoor sports & cycling | Outdoor sports & cycling |
| **Health - theory** | Healthy balanced diets & hydration | Personal hygiene and bedtime routines | Taking responsibility for dental and optical appointments | Staying safe online | Looking at the NHS and emergency services, the Importance of using different services | Fun and Hazards in the Summer |
| **Employment (practical)** | Employer encounter – charity  Set up own charity shop | Employer encounter – digital role  Create digital media for a business | Employer encounter – Motherwell  Social action project | Post school provider – Cheshire College South and West  Tour, research | Employer encounter – travel agent  Travel and Tourism | Post School Provider – Reaseheath College |
| **Employment (theory)** | Vocational profile (will be revisited half termly) | Functional Maths in the workplace (money and change) | Functional English in the workplace (Interview skills) | Teamwork skills for the workplace | Functional Maths in the workplace (Time management skills for the workplace) | Functional English in the workplace (CV writing) |
| **Independent Living** | Making decisions about what to spend money on | Winter Cooking Skills. | Mental capacity & decision making | Shopping  Identifying shop types and where to go for certain items. | Using appliances and basic house maintenance. | Summer Cooking Skills. |