Long Term Plan – Formal

Life Skills – Independence

Points to note

- The first whole week back every Autumn Term has a People – All About Me focus
- The last week every Autumn Term has a Festival – Christmas focus
- The second to last full week in Summer Term 2 is Enrichment Week

The weeks detailed below exclude the above activities.

Can be taught on rotation, so shared areas can be accessed.

Year 1 – Years 7, 8 & 9

Term		Term		Term	
7 weeks	7 weeks	6 weeks	6 weeks	7 weeks	7 weeks
Travel Training	Travel Training	Shopping	Shopping	Cooking Skills	Cooking Skills

Year 2 – Years 7, 8 & 9

Term		Term		Term	
7 weeks	7 weeks	6 weeks	6 weeks	7 weeks	7 weeks
Travel Training	Travel Training	Shopping	Shopping	Cooking Skills	Cooking Skills

Year 3 – Years 7, 8 & 9

Term		Term		Term	
7 weeks	7 weeks	6 weeks	6 weeks	7 weeks	7 weeks
Travel Training	Travel Training	Shopping	Shopping	Cooking Skills	Cooking Skills

Year 1 – KS4 and KS5

Term		Term		Term	
7 weeks	7 weeks	6 weeks	6 weeks	7 weeks	7 weeks
Travel Training	Travel Training	Shopping	Shopping	Cooking Skills	Cooking Skills

Year 2 – KS4 and KS5

Term		Term		Term	
7 weeks	7 weeks	6 weeks	6 weeks	7 weeks	7 weeks
Travel Training	Travel Training	Shopping	Shopping	Cooking Skills	Cooking Skills

Extension work

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Learning Intentions

Years 7, 8 & 9

	Autumn Term 1		Autumn Term 2
Week 1	To walk independently in school	**Week 1**	To cross a major road using a pelican crossing with support
Week 2	To walk independently outside of school	**Week 2**	To cross a T Junction or a crossroads
Week 3	To stop at the kerb and look for traffic	**Week 3**	To landmark
Week 4	To cross a minor road with support	**Week 4**	To find one's way back after becoming lost
Week 5	To cross different minor roads with support	**Week 5**	To walk independently (Be Bright, Be Seen)
Week 6	To cross a minor road where parked cars are blocking a clear view	**Week 6**	To look positively for problems
Week 7	To cross a major road using a zebra crossing with support	**Week 7**	To look positively for problems

Years 7, 8 & 9

	Spring Term 1		Spring Term 2
Week 1	To understand that money is a means of exchange	**Week 1**	To explore and celebrate the ideas of shopping
Week 2	To use real money	**Week 2**	To prepare for a shopping trip
Week 3	To use a bank	**Week 3**	To shop in a local market
Week 4	To identify primary desired items	**Week 4**	To be a café or restaurant customer
Week 5	To shop to a shopping list	**Week 5**	To be able to work within a set budget
Week 6	To follow a list	**Week 6**	To be able to shop for clothes/ shoes

Years 7, 8 & 9

	Summer Term 1		Summer Term 2
Week 1	To follow instructions during cooking activities	**Week 1**	To make simple dishes
Week 2	To prepare for a cooking activity	**Week 2**	To use a kettle
Week 3	To use basic tools in the kitchen	**Week 3**	To understand that germs and bacteria can cause sickness
Week 4	To be able to deal with burns to the skin	**Week 4**	To be secure as the learner can be within the set of routines of cooking
Week 5	To be able to deal with minor cuts	**Week 5**	To use the hob
Week 6	To work with electrical equipment	**Week 6**	To use the air fryer
Week 7	To make a smoothie	**Week 7**	To use the grill/ oven

Learning Intentions

KS4 and KS5

	Autumn Term 1		Autumn Term 2
Week 1	To flag a bus to stop	**Week 1**	To independently travel by bus
Week 2	To purchase a ticket	**Week 2**	To plan a train journey
Week 3	To use a travel card	**Week 3**	To find the correct platform
Week 4	To know what to do when the learner has lost his/ her travelcard	**Week 4**	To use an escalator
Week 5	To board a bus	**Week 5**	To find a seat
Week 6	To exit a bus	**Week 6**	To find the exit
Week 7	To practice what to do if the stop is missed	**Week 7**	To travel safely on a train

KS4 and KS5

	Spring Term 1		Spring Term 2
Week 1	To use real money	**Week 1**	To explore and celebrate the ideas of shopping
Week 2	To use real money	**Week 2**	To prepare for a shopping trip
Week 3	To use a bank – To open a bank account and hold cards	**Week 3**	To shop in a local market
Week 4	To identify primary desired items	**Week 4**	To be a café or restaurant customer
Week 5	To shop to a shopping list	**Week 5**	To be able to work within a set budget
Week 6	To follow a list	**Week 6**	To be able to shop for clothes/ shoes

KS4 and KS5

	Summer Term 1		Summer Term 2
Week 1	To weigh, measure and estimate	**Week 1**	To use an electric whisk
Week 2	Using more advanced kitchen equipment	**Week 2**	To explore portion size
Week 3	To be as secure as the learner can be within the set routines of cooking	**Week 3**	To use a potato peeler
Week 4	Using a can opener and then the hob	**Week 4**	To use a frying pan
Week 5	To use an air fryer	**Week 5**	To use a microwave
Week 6	To use the grill	**Week 6**	To explore and experience extending learning
Week 7	To use the oven	**Week 7**	To explore and experience extending learning