Long Term Plan – Semi-Formal

Life Skills – My Independence – My Cooking / My Dressing and Undressing / My Travel Training / My Shopping

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.

Year 1 – Years 3 & 4

Autumn		Spring		Summer	
7 weeks	7 weeks	6 weeks	6 weeks	7 weeks	7 weeks
My Cooking Pre-cooking skills	My Cooking Using a blunt knife	My Dressing & Undressing	My Dressing & Undressing	My Shopping Money	My Shopping Money

Year 2 – Years 3 & 4

Autumn		Spring		Summer	
7 weeks	7 weeks	6 weeks	6 weeks	7 weeks	7 weeks
My Cooking Pre-cooking skills	My Cooking Using a blunt knife	My Dressing & Undressing	My Dressing & Undressing	My Shopping Money	My Shopping Money

Year 1 – Years 5 & 6

Autumn		Spring		Summer	
7 weeks	7 weeks	6 weeks	6 weeks	7 weeks	7 weeks
My Cooking Pre-cooking skills	My Cooking Using a blunt knife	My Travel Training Walking and road crossing (Travelling as a pedestrian)	My Travel Training Walking and road crossing (Travelling as a pedestrian)	My Shopping Shopping	My Shopping Shopping

Year 2 – Years 5 & 6

Autumn		Spring		Summer	
7 weeks	7 weeks	6 weeks	6 weeks	7 weeks	7 weeks
My Cooking Pouring, mixing & estimating	My Cooking Dealing with accidents in the kitchen	My Travel Training Walking and road crossing (Travelling as a pedestrian)	My Travel Training Walking and road crossing (Travelling as a pedestrian)	My Shopping Shopping	My Shopping Shopping

Year 1 – Years 7, 8 & 9

Autumn		Spring		Summer	
7 weeks	7 weeks	6 weeks	6 weeks	7 weeks	7 weeks
My Cooking Working safely with electrical equipment	My Cooking Using more advanced kitchen equipment	My Travel Training Walking and road crossing (Travelling as a pedestrian)	My Travel Training Walking and road crossing (Travelling as a pedestrian)	My Shopping Shopping for cooking	My Shopping Shopping for cooking

Year 2 – Years 7, 8 & 9

Autumn		Spring		Summer	
7 weeks	7 weeks	6 weeks	6 weeks	7 weeks	7 weeks
My Shopping Shopping for cooking	My Shopping Shopping for cooking	My Cooking Working safely with electrical equipment	My Cooking Using more advanced kitchen equipment	My Travel Training Travelling by bus	My Travel Training Travelling by bus

Year 3 – Years 7, 8 & 9

Autumn		Spring		Summer	
7 weeks	7 weeks	6 weeks	6 weeks	7 weeks	7 weeks
My Shopping Other shopping	My Shopping Other shopping	My Travel Training Travelling by train	My Travel Training Travelling by train	My Cooking Following recipes Germs and bacteria	My Cooking Following recipes Germs and bacteria