



**FOUNDATIONS
for the FUTURE**
Realistic, Aspirational Outcomes for Adulthood

Independent Living



Purpose and Vision

The Independent Living strand of the *Foundations for the Future* curriculum is designed to equip students with SEND with the knowledge, skills, and confidence to live as independently as possible. This strand supports students in developing practical life skills while fostering self-advocacy, problem-solving, and resilience. By embedding learning within real-world contexts, we aim to empower students to take control of their daily lives, make informed decisions, and contribute meaningfully to their communities.

Through this curriculum, we aim to:

- Equip students with the practical skills needed to manage everyday tasks in the home and community with confidence.
- Foster independence by developing routines, organisational strategies, and problem-solving abilities.
- Promote self-advocacy and informed decision-making around housing, health, and financial matters.
- Build confidence in navigating transport systems and accessing community resources safely.
- Support students to make responsible choices when shopping, budgeting, and managing personal finances.
- Encourage responsibility, resilience, and a proactive approach to maintaining a safe and healthy lifestyle.

Our Five Pillars of Independent Living

Our Independent Living curriculum is structured around five key pillars, each focusing on a fundamental aspect of independent living:

Household Management

- Developing practical skills in cooking, cleaning, laundry, and home maintenance.
- Understanding hygiene, food safety, and budgeting for household expenses.
- Encouraging responsibility for maintaining a safe and healthy living environment.

Travel

- Learning to navigate different forms of transport safely and confidently.
- Understanding journey planning, timetables, and personal safety while traveling.
- Developing road safety awareness and strategies for traveling independently.

Rights & Benefits

- Understanding personal rights, responsibilities, and self-advocacy.
- Learning about financial entitlements, support services, and how to access them.
- Developing the ability to make informed choices about housing, employment, and healthcare.

Time Management

- Learning to manage personal schedules, including appointments, work, and leisure.
- Understanding the importance of routines and strategies for staying organised.
- Developing problem-solving skills for handling unexpected changes or challenges.

Shopping

- Understanding how to create shopping lists and plan for purchases.
- Learning how to compare prices, find bargains, and manage a shopping budget.
- Developing the skills to shop independently, including using online platforms and physical stores.
- Gaining an understanding of personal needs versus wants and making informed purchasing decisions.
- Practicing safe payment methods, including using cash, debit cards, and online payment systems.

Pillar	Pathway 1	Pathway 2	Pathway 3	Pathway 4
Household Management	<u>Explore simple routines to keep spaces tidy (e.g. putting toys away, putting rubbish in the bin).</u>	<u>Keeping the Home Clean and Tidy</u>	<u>Exploring and using Cleaning Products and Tools</u>	<u>Household Responsibilities</u>
		<u>Making a bed</u>		
		<u>Washing, Sorting & Ironing Clothes</u>	<u>Using products and Appliances to Launder Clothing</u>	
	<u>Engage in simple, supported food preparation tasks (e.g. spreading butter, or placing items on a plate).</u>	<u>Preparing & Serving Simple Snacks & Meals</u>	<u>Cooking Following a Recipe</u>	<u>Stocking Essentials</u>
	<u>Begin to recognise dangers in the environment (e.g. a hot or sharp object).</u>	<u>Keeping Safe in the Home</u>	<u>Kitchen Safety & Hazard Identification</u>	<u>Home Safety and Security</u>
	<u>Begin to develop an awareness of changes in routine and environment through supported transitions (e.g. visiting new places, meeting new people)</u>	<u>Moving to Supported Living</u>	<u>Securing Accommodation</u>	<u>Setting Up the Home</u>
			<u>DIY</u>	

	Explore the concept of making an exchange for an item	Understanding Money	Money and Banking	Managing Household Finances
		Keeping Yourself and Your Belongings Safe	Security – Yourself and Belongings	
Travel	Transition between familiar locations	Walking	Bike Travel	
	Road safety	Road safety	Reading Maps	Journey planning and Route Awareness
	Car travel - Passenger	Car Travel - Passenger	Car Travel – Driving Licence Theory Transport and Road Signs	
	Bus travel - Supported	Bus Travel – Supported	Bus Travel - Independent	
		Taxi Travel – Supported	Taxi Travel - Independent	
		Train Travel - Supported	Train Travel - Independent	Buying and Using Tickets
			Selecting the Right Mode of Transport	Personal Safety and Awareness when Travelling
			Rental Electric Scooter	

				Problem-Solving and Handling Unexpected Situations
				Technology for Transport
Rights & Benefits	Communicating basic needs and preferences, using an appropriate method of communication	Expressing needs & preferences	Self-advocacy	Making informed decisions and self-advocacy
			Personal Budgeting	Understanding benefits and financial support
	Making simple choices between two options	Making choices		
			Accessing Free Resources	Housing rights and responsibilities
	To begin to request help from a trusted adult, using an appropriate method of communication	To Identify when you need help	Locating help in the Local Community	
		Understanding Personal Rights	UN convention on the rights of the child	Personal rights and responsibilities
	Use an appropriate method of communication to express a like or dislike	Expressing views and opinions	Democracy and voting	Social and Political Rights
		To respect and understand others' rights.	Understanding Legal Rights and	The Law

			<u>Responsibilities, legal age limits</u>	
				<u>Digital Rights & Responsibilities</u>
				<u>Consumer Rights & Responsibilities</u>
Time Management	<u>Days of the week</u>	<u>Days of the week</u>	<u>Learning to Manage Time Effectively</u>	<u>Understanding the Importance of Time Management</u>
	<u>Months</u>	<u>Months</u>	<u>Using a Calendar</u>	<u>Planning and Organising Daily Tasks</u>
			<u>Prioritising Tasks</u>	<u>Goal Setting</u>
	<u>The four seasons</u>	<u>The Four Seasons</u>	<u>Personal Schedules</u>	<u>Meeting Deadline and Time Constraints</u>
	<u>Understand and anticipate key parts of the daily routine</u>	<u>Times in the Day</u>	<u>Diaries</u>	<u>Balance Time for Work and Leisure</u>
				<u>Evaluating and reflecting on Time Management</u>
	<u>Begin to follow simple, consistent daily routines with adult support (e.g., unpacking their bag, washing hands before lunch, tidying up after play).</u>	<u>Building Routines to Support Managing Time</u>	<u>Developing Routines and Consistency</u>	<u>Managing Interruptions and Distractions</u>

Shopping	Associate shops with familiar items (e.g. crisps at the supermarket)	Recognising Different Types of Shops	Understanding the Differences between Budget, Mid-range, and Premium Stores	Exploring Ethical Shopping
			Writing a Budgeted Shopping List and Prioritising Essential Items.	Comparing Weekly Shopping vs. Bulk Buying and Meal Planning
			Using Different Payment Methods	Understanding Credit vs. Debit, Interest Rates, and Financial Consequences
			Understanding Reductions	Analysing Marketing Tactics on Labels
	Begin to follow a simple visual or picture-based shopping list to find familiar items	Selecting items from a list and placing them in a basket or trolley	Organising Shopping Efficiently	Managing a Large Shop Efficiently
	Begin to recognise that cash can be exchanged for a desired item	Handing over Cash and Receiving Change	Using Self-service Tills and Understanding Receipts	Understanding Taxes (VAT), Loyalty Schemes, and Cashback Benefits
	Identify items needed, with the support of a shopping list, when shopping	Understanding Basic Needs vs. Wants when shopping	Recognising Discounts, Deals, and how they Affect Spending	Analysing Impulse Buying Tactics
		Identifying Online Stores and Browsing Basic Items	Making a Simple Online Purchase & Delivery Options	Understanding Online Shopping Security, Delivery Fees, and Return Policies
			Understanding how Store Credit Works	Evaluating the Risks and Benefits of Store Credit.

				<u>Interest Rates, and Managing Debt</u>
			<u>What Food Banks are and How to Access Them</u>	<u>The Role of Food Banks in Tackling Food Insecurity</u>
			<u>Using Surplus Food Apps to Reduce Waste and Save Money</u>	<u>Ethical Consumerism and the Impact of Food Waste on Sustainability</u>

Pathway 1

Household Management

	Content Focus	Learning Intentions	By the end of the intended learning students will know...
Pathway 1	Explore simple routines to keep spaces tidy (e.g. putting toys away, putting rubbish in the bin).	To encourage learners to begin participating in simple tidying routines, as part of shared responsibility for their environment.	<p>...that toys and materials have a place where they belong.</p> <p>...how to put items in containers or on shelves, with adult support.</p> <p>...that bins are used to dispose of rubbish.</p> <p>...that tidying is part of finishing an activity or play session.</p> <p>...how to respond to simple prompts such as "Can you help tidy up?"</p>
	Engage in simple, supported food preparation tasks (e.g. spreading butter, or placing items on a plate).	To support learners in exploring and participating in basic food preparation tasks with guidance and encouragement.	<p>...how to use simple tools like a knife or spoon, with support.</p> <p>...that they can help prepare food by spreading, scooping, or placing items.</p> <p>...that food preparation involves using hands and tools safely and hygienically.</p> <p>...how to follow simple, step-by-step instructions during food prep.</p>
	Begin to recognise dangers in the environment (e.g. a hot or sharp object).	To help learners begin to recognise and respond to simple environmental dangers with adult support.	<p>... that some objects, like hot or sharp items, can be dangerous and should not be touched.</p> <p>... that they can stop or move away when an adult says "no" or "stop" near something unsafe.</p> <p>... that familiar adults will help keep them safe and guide them away from danger.</p> <p>... that they can use simple responses (e.g. pausing, turning away, or showing concern) when near something unfamiliar or potentially harmful.</p>

			<p>... that warning signals such as red colours, signs, or adult tone of voice can mean “danger” or “not safe.”</p> <p>... that safe behaviour (e.g. not touching, staying back) helps protect their body and keep them comfortable.</p>
	<p>Begin to develop an awareness of changes in routine and environment through supported transitions (e.g. visiting new places, meeting new people)</p>	<p>To support learners in beginning to develop an awareness of changes in routine and environment through supported transitions, such as visiting new places or meeting new people.</p>	<p>...that new places and people can be part of their daily routines.</p> <p>...that visual or verbal cues (e.g., pictures, now/next boards) can help them understand changes.</p> <p>...how to participate in familiar transition routines with adult support.</p> <p>...some strategies to feel more comfortable during a transition (e.g., holding a comfort object).</p> <p>...how to respond to or engage with new environments or people with reassurance.</p>
	<p>Explore the concept of making an exchange for an item</p>	<p>To support learners in exploring the concept of making a simple exchange for a desired item through structured play and adult-guided activities.</p>	<p>...that giving something (e.g., a token, pretend money, or object) can result in receiving an item.</p> <p>...that exchanges often happen in familiar places like shops or snack times.</p> <p>...that a visual or physical item (e.g., picture card or coin) can represent a choice in an exchange.</p> <p>...how to take part in a simple, supported exchange activity.</p> <p>...that waiting their turn is part of making an exchange in a group setting.</p> <p>...that the adult or peer receiving the exchange will give something in return.</p>

Travel			
	Content Focus	Learning Intentions	By the end of the intended learning students will know...
Pathway 1	Transition between familiar locations	To support learners in becoming more confident and comfortable when transitioning between familiar locations within their environment (e.g. moving from the classroom to the playground or dining area).	<p>...that familiar transitions happen regularly as part of their day (e.g. going outside after snack time).</p> <p>...that adults can guide and support them when moving from one space to another.</p> <p>...how to follow simple cues or routines (e.g. songs, visual schedules) to help them transition.</p> <p>...how to begin moving between spaces with decreasing levels of support over time.</p>
	Road safety	To introduce learners to basic road safety awareness through adult-supported activities and real-life experiences.	<p>...that roads can be dangerous and require adult supervision.</p> <p>...to stop at the edge of a path or kerb with adult support.</p> <p>...to respond to simple road safety cues (e.g. "stop," "wait," "go").</p> <p>...that vehicles move fast and may not be able to stop quickly.</p> <p>...to begin recognising simple road safety symbols or colours (e.g. red = stop, green = go).</p>
	Car travel - Passenger	To help learners begin to understand safe behaviours and expectations when travelling as a passenger in a car.	<p>...that they need to wait calmly with an adult before getting into a car.</p> <p>...to enter and exit a car with adult help and guidance.</p> <p>...that they must sit in a car seat with a seatbelt fastened.</p> <p>...to remain seated during the car journey.</p> <p>...that an adult is responsible for helping them stay safe while travelling.</p>

			...to begin recognising that a car journey has a start and end location.
	Bus travel - Supported	To support learners in beginning to understand and participate in safe and supported bus travel routines.	<p>...that they must stay close to a trusted adult while waiting for the bus.</p> <p>...to board and exit the bus with adult support.</p> <p>...to remain seated or stay with the group while on the bus.</p> <p>...that buses may have other people on them and can be busy or noisy.</p> <p>...that they are travelling from one place to another with a purpose.</p> <p>...to recognise simple bus travel cues (e.g. bus stop, bus doors, ticket machine).</p>
Rights & Benefits			
	Content Focus	Learning Intentions	By the end of the intended learning students will know....
Pathway 1	Communicating basic needs and preferences, using an appropriate method of communication	To support learners in expressing basic needs and preferences using their preferred method of communication.	<p>...how to use words, signs, gestures, or symbols to ask for something they want.</p> <p>...how to indicate when they need help or support.</p> <p>...how to express simple choices (e.g. choosing a snack or activity).</p> <p>...that they can say “yes” or “no” in an appropriate way.</p> <p>...that communication helps others understand their needs.</p>
	Making simple choices between two options	To support learners in making simple choices between two options using their preferred method of communication.	<p>...how to indicate a choice between two items or activities (e.g. toy vs. book).</p> <p>...that their choices can influence what happens next.</p> <p>...how to use signs, symbols, gestures, or words to make a choice.</p>

			<p>...that adults will respond to their expressed preferences.</p> <p>...how to participate in familiar routines that involve making a choice (e.g. snack time, song selection).</p>
	To begin to request help from a trusted adult, using an appropriate method of communication	To support learners in beginning to request help from a trusted adult using an appropriate method of communication.	<p>...how to indicate they need help using gestures, signs, symbols, words, or communication aids.</p> <p>...that trusted adults can respond to their request for help.</p> <p>...that asking for help is a positive and accepted action.</p> <p>...some common scenarios where help may be needed (e.g. opening a container, reaching an object).</p> <p>...how to seek out a familiar adult when they experience difficulty.</p> <p>...that they can use different ways to ask for help depending on the situation.</p>
	Use an appropriate method of communication to express a like or dislike	To support learners in using an appropriate method of communication to express a like or dislike.	<p>...how to express a preference using gestures, facial expressions, symbols, signs, or words.</p> <p>...that it is okay to like or dislike different things.</p> <p>...how to show enjoyment or discomfort in response to experiences, people, or objects.</p> <p>...how to respond when someone else expresses a like or dislike.</p> <p>...that familiar adults will respond to their communicated preferences.</p> <p>...that they can use different communication methods in different settings to express likes and dislikes.</p>
Time Management			

	Content Focus	Learning Intentions	By the end of the intended learning students will know...
Pathway 1	Days of the week	To introduce learners to the concept and names of the days of the week through multisensory, repetitive routines and play-based learning.	<p>...the names of some or all days of the week through songs, stories, or routines.</p> <p>...that each day has a name and follows a predictable order.</p> <p>...that different activities or routines may happen on different days (e.g. library day, music day).</p> <p>...how to respond to or anticipate familiar routines based on the day.</p> <p>...how to use visual schedules or cues to identify "today," "yesterday," or "tomorrow."</p> <p>...that adults and peers use the names of days in communication and planning.</p>
	Months	To begin familiarising learners with the concept of months through repetitive, sensory-rich experiences and engagement with seasonal or cultural events.	<p>...that each month has a name and forms part of a yearly cycle.</p> <p>...some month names through songs, stories, or routines.</p> <p>...that certain events or celebrations happen in specific months (e.g. birthdays, holidays, seasonal changes).</p> <p>...how to engage with a visual or tactile calendar to explore the current month.</p> <p>...how to respond to adult cues about the month during group routines.</p> <p>...that different weather or clothing may be associated with different months or seasons.</p>
	The four seasons	To explore and begin to recognise the four seasons through sensory play, stories, outdoor experiences, and adult-led activities.	<p>...that there are four different seasons in a year.</p> <p>...that each season looks and feels different (e.g. cold in winter, warm in summer).</p> <p>...that certain clothes, activities, or holidays happen in specific seasons.</p>

			<p>...how to engage with sensory materials that represent each season (e.g. leaves, snow, flowers).</p> <p>...some signs or symbols associated with each season (e.g. sun for summer, snowflake for winter).</p> <p>...how to participate in songs, stories, or visual routines related to the current season.</p>
	Understand and anticipate key parts of the daily routine	To begin to understand and anticipate key parts of the daily routine through repetition, visual supports, and adult modelling.	<p>...what comes next in a familiar daily routine (e.g. snack follows playtime).</p> <p>...how to transition between activities with adult support.</p> <p>...that visual or auditory cues (e.g. songs, pictures, signs) signal changes in routine.</p> <p>...how to participate in familiar activities at consistent times during the day.</p> <p>...how to respond to adult prompts about what is happening next.</p> <p>...that routines help them feel safe and understand their environment.</p>
	Begin to follow simple, consistent daily routines with adult support (e.g., unpacking their bag, washing hands before lunch, tidying up after play).	To begin to follow simple, consistent daily routines with adult support, promoting independence and familiarity with everyday tasks.	<p>...how to participate in simple routines such as unpacking their bag or putting items away.</p> <p>...when and how to wash their hands at key times, such as before eating.</p> <p>...that tidying up is a regular part of play and learning.</p> <p>...that routines follow a predictable pattern each day.</p> <p>...how to respond to visual or verbal cues from adults during routine activities.</p> <p>...that their actions contribute to shared group expectations and personal independence.</p>
Shopping			

	Content Focus	Learning Intentions	By the end of the intended learning students will know...
Pathway 1	Associate shops with familiar items (e.g. crisps at the supermarket)	To begin to associate specific shops with familiar and meaningful items or experiences, such as recognising that certain foods or objects are found in particular settings.	<p>...that shops are places where we go to get specific items like food or toys.</p> <p>...that different shops may sell different types of items (e.g. food at the supermarket, books at a bookshop).</p> <p>...that familiar items, such as crisps or fruit, can be found at the supermarket.</p> <p>...how to show recognition of a preferred item when seen in a shop.</p> <p>...that adults use shops to make choices and exchanges for needed or wanted items.</p> <p>...that a visit to a shop can be a part of daily routines or special outings.</p>
	Begin to follow a simple visual or picture-based shopping list to find familiar items	To begin to follow a simple visual or picture-based shopping list to locate familiar items in a shop or classroom setting.	<p>...that a picture-based list can help guide what to look for when shopping or collecting items.</p> <p>...how to match an item in the environment with its picture on the list.</p> <p>...that following a list can be part of a shared or independent routine.</p> <p>...how to use visual prompts to support attention and task completion.</p> <p>...how to indicate when they have found a matching item from the list.</p> <p>...that items can be gathered in a specific order or from specific locations using a list.</p>
	Begin to recognise that cash can be exchanged for a desired item	To begin to recognise that cash can be exchanged for a desired item in familiar, supported contexts such as role-play or real-life shopping trips.	<p>...that money (cash) is used when obtaining something they want (e.g., a toy or snack).</p> <p>...that giving money to a shopkeeper or adult results in receiving an item in return.</p> <p>...that items in shops are not free and require payment.</p>

			<p>...how to participate in a simple exchange using play or real coins.</p> <p>...that adults or shopkeepers handle money during shopping activities.</p> <p>...that money comes in different forms (e.g., coins, notes).</p>
	Identify items needed, with the support of a shopping list, when shopping	To support learners in identifying familiar items from a simple shopping list during supported shopping activities or role-play.	<p>...that a shopping list helps to remember what items are needed.</p> <p>...how to match a picture or symbol to a real item in a shop or classroom setup.</p> <p>...that items on the shopping list can be found in specific areas (e.g., fruit in the produce section).</p> <p>...how to hold or refer to a visual list with adult support during shopping tasks.</p> <p>...that each item on the list has a name and/or picture that represents it.</p> <p>...how to participate in locating or selecting an item when prompted by an adult or visual cue.</p>

Pathway 2

Household Management

	Content Focus	Learning Intentions	By the end of the intended learning students will know....
Pathway 2	Keeping the home clean and tidy	To participate in basic cleaning tasks with guidance, focusing on maintaining a tidy environment.	<p>...how to recognise cleaning tools and their uses with support.</p> <p>...how to understand the importance of keeping spaces clean and tidy.</p> <p>...how to participate in basic cleaning tasks, such as dusting, sweeping or wiping down surfaces.</p> <p>...how to follow simple instructions related to cleaning tasks with guidance.</p>
		To develop routines to maintain a tidy personal space with assistance.	<p>...how to follow routines for tidying up personal spaces with guidance.</p> <p>...how to recognise the importance of organisation and cleanliness.</p> <p>...how to put away personal items in designated spaces with support.</p> <p>...how to participate in maintaining a tidy environment through simple daily tasks.</p>
	Making a bed	To practice making a bed with support	<p>...how to follow a sequence of steps to make a bed with guidance.</p> <p>...the importance of a tidy sleeping area.</p> <p>...how to straighten bed sheets and arrange pillows with support.</p> <p>...how to recognise the benefits of a well-made bed for organisation and comfort.</p> <p>...how to develop a simple routine for making a bed each day.</p>

	Washing, Sorting & Ironing Clothes	To participate in basic laundry tasks with support, focusing on sorting and washing clothes.	<p>...how to identify clothing items that need washing with guidance.</p> <p>...how to sort clothes by colour or type with support.</p> <p>...how to recognise the importance of keeping clothes clean and organised.</p>
		To recognise and understand clothing labels with guided support.	<p>...how to identify basic symbols on clothing labels with assistance.</p> <p>...the importance of labels for proper care.</p> <p>...how to recognise the role of labels in choosing the right clothing for different occasions.</p>
		To practice hanging and folding clothes with support, focusing on neatness and organisation.	<p>...how to recognise the importance of organised clothing storage.</p> <p>...how to participate in folding clothes with support.</p> <p>...how to hang clothes properly with guidance.</p> <p>...the role of neatness in maintaining a tidy personal space.</p>
		To explore the basics of ironing with supervision, emphasising safety and technique.	<p>...how to recognise the purpose and safety measures of ironing with guidance.</p> <p>...how to participate in supervised ironing tasks with support.</p> <p>...how to handle an iron safely with assistance.</p> <p>...the importance of following instructions when using an iron.</p>
	Preparing & Serving Simple Snacks & Meals	To explore basic cooking activities with supervision, emphasising safety and simple food preparation.	<p>...how to identify kitchen tools and ingredients with assistance.</p>

			<p>...how to participate in simple, supported food preparation tasks, like mixing or assembling ingredients.</p> <p>...how to follow basic instructions for food preparation with support.</p> <p>...how to understand the importance of hygiene during cooking, like washing hands before handling food.</p>
		To lay a table with supervision, focusing on placement and order.	<p>...how to recognise and place tableware with assistance.</p> <p>...how to follow a sequence for setting a table, such as placing plates, utensils, and napkins.</p> <p>...how to arrange the table correctly with guidance, ensuring everything is in its place.</p> <p>...how to understand the importance of setting a table for meals.</p>
	Keeping Safe in the Home	To identify and respond to common household hazards with guided support.	<p>...how to recognise potential hazards in the home environment with assistance.</p> <p>...how to follow safety procedures to minimise risk with guidance.</p> <p>...how to stay safe by responding to hazards, such as turning off appliances or calling for help.</p> <p>...how to practice safe behaviours, like avoiding spills and keeping walkways clear, with support.</p>
		To understand basic security measures for personal safety and the protection of belongings with support.	<p>...how to recognise the importance of locking doors and safeguarding personal items with guidance.</p> <p>...how to follow simple steps to enhance personal and household security.</p>

			...how to ask for help if there is a security concern or issue with guidance.
	Moving to Supported Living	To develop skills to manage changes in living situations with support, focusing on building resilience and adaptability.	<p>...how to transition to new environments or routines with guidance.</p> <p>...strategies for coping with change, such as maintaining familiar routines and seeking support when needed.</p> <p>...how to recognise feelings associated with change and practice simple self-regulation techniques.</p> <p>...the importance of being flexible and adaptable when faced with new situations.</p> <p>...how to use support networks (family, friends, or professionals) during times of change.</p>
		To prepare for the emotional and practical aspects of leaving home, with a focus on building independence and support networks.	<p>...how to understand and manage the emotional impact of leaving home with support.</p> <p>...strategies for coping with feelings of homesickness and anxiety about change.</p> <p>...how to plan for the practical aspects of leaving home, such as packing and organising belongings with guidance.</p> <p>...the importance of building and maintaining support networks when transitioning to a new living situation.</p> <p>...how to recognise the need for independence and take responsibility for personal tasks, such as budgeting or managing daily routines.</p>

		To explore the concept of assisted living and how it can support their needs while fostering independence.	<p>...what assisted living entails and the types of support available with guidance.</p> <p>...how to identify personal needs and preferences in an assisted living setting.</p> <p>...how to communicate personal needs and preferences effectively in an assisted living environment with support.</p> <p>...the importance of maintaining independence while receiving support in assisted living.</p> <p>...how to recognise the benefits of assisted living for fostering independence in daily tasks.</p>
	Understanding money	To begin recognising different coins and notes with support, focusing on size, colour, and basic values.	<p>...how to identify and sort coins and notes using visual and tactile cues.</p> <p>...the concept of money representing value in simple terms.</p> <p>...how to associate specific coins and notes with their value through guided practice.</p> <p>...how to distinguish between different denominations of coins and notes with support.</p> <p>...the importance of money in everyday transactions and how it is used for exchange.</p>
	Keeping yourself and your belongings safe	To recognise personal belongings and understand the importance of keeping them organised.	<p>...how to identify personal belongings and their significance.</p> <p>...the importance of keeping personal items organised and safe.</p> <p>...how to store personal belongings in a designated space with support.</p>

		To follow basic safety rules, such as staying with a group, caregiver, or PA	...how to understand the concept of staying with a group or trusted adult. ...the importance of following safety guidelines when in public spaces. ...how to stay safe by following instructions from caregivers or support staff.
Travel			
	Content Focus	Learning Intentions	By the end of the intended learning students will know....
Pathway 2	Walking	To walk safely within the community (including school/college)	<p>...how to use pedestrian crossings safely, including zebra crossings, pelican crossings, and traffic lights.</p> <p>...how to follow the Highway Code for pedestrians, including understanding road signs and signals.</p> <p>...how to stay aware of their surroundings and avoid distractions, such as using a phone or headphones while walking.</p> <p>...how to navigate familiar and unfamiliar routes safely, including using landmarks and maps.</p> <p>...how to walk safely in different environments, such as busy streets, quiet areas, and rural paths.</p> <p>...how to identify and respond to potential hazards, such as uneven pavements, cyclists, or roadworks.</p> <p>...how to make safe choices when walking alone, including staying visible and choosing well-lit routes.</p> <p>...how to seek help or assistance if they feel unsafe or become lost.</p>

	Road safety	To acquire practical road safety skills to navigate pedestrian areas independently or with minimal support.	<p>...how to crossroads safely using the Green Cross Code (Stop, Look, Listen, Think).</p> <p>...how to judge the speed and distance of oncoming traffic before crossing a road.</p> <p>...how to walk safely near roads, including staying on pavements and being aware of driveways and junctions.</p> <p>...how to recognise and follow pedestrian road signs, signals, and markings.</p> <p>...how to stay visible to drivers, especially in low-light conditions or bad weather.</p> <p>...how to navigate safely around parked cars, construction areas, and other potential obstacles.</p> <p>...how to respond appropriately in unexpected situations, such as crossing when a signal is not working or encountering an unfamiliar route.</p>
	Car Travel - Passenger	To travel safely in a car as a passenger	<p>...how to enter and exit a car safely, including checking for traffic before opening the door.</p> <p>...how to wear a seatbelt correctly and understand why it is important for safety.</p> <p>...how to follow car safety rules, such as keeping hands and feet inside the vehicle and avoiding distractions for the driver.</p> <p>...how to identify when a journey feels unsafe and what to do in such situations.</p> <p>...how to communicate their needs to the driver, such as asking for ventilation, adjusting their seatbelt, or requesting a stop.</p>

			<p>...how to recognise road signs and signals that indicate safe driving behaviours.</p> <p>...how to respond in case of an emergency, such as a breakdown or an accident, including knowing when and how to call for help.</p>
	<p>Bus Travel - Supported</p>	<p>To travel safely by bus with support</p>	<p>...how to identify the correct bus by reading the destination sign and route number.</p> <p>...how to safely wait at a bus stop, including standing back from the curb and signalling the driver to stop.</p> <p>...how to board the bus safely, including waiting for passengers to exit first and using handrails if needed.</p> <p>...how to pay for a bus journey using cash, contactless payment, or a travel card.</p> <p>...how to find a safe and appropriate seat, including priority seating for those who need it.</p> <p>...how to behave appropriately on a bus, including keeping noise levels down and respecting other passengers.</p> <p>...how to recognise key landmarks or stops to know when to get off the bus.</p> <p>...how to request a stop using the bell or button and safely exit the bus when it reaches the destination.</p> <p>...how to seek help from the driver or other passengers if they feel unsure or need assistance.</p>

			...how to handle unexpected situations, such as a bus breakdown, missing a stop, or taking the wrong bus.
	Taxi Travel - Supported	To travel safely by taxi with support	<p>...how to ask for help to book a taxi and check it's the right one.</p> <p>...how to safely get in and out of the taxi with support.</p> <p>...how to sit comfortably and put on a seatbelt.</p> <p>...how to tell the driver where they want to go, with help if needed.</p> <p>...how to ask the driver for help if they feel unsure or uncomfortable.</p> <p>...how to keep their belongings safe during the journey.</p> <p>...how to pay for the taxi, with support if needed.</p> <p>...how to share their journey details with a trusted person for safety.</p> <p>...how to stay calm if something goes wrong, like getting lost or feeling unsafe.</p>
	Train travel - Supported	To travel safely by train with support	<p>...how to ask for help to find the correct train and platform.</p> <p>...how to safely get on and off the train with support.</p> <p>...how to sit in a safe and comfortable seat on the train.</p> <p>...how to keep their ticket safe and ask for help to use it if needed.</p> <p>...how to follow signs in the station and on the train to stay on the right route.</p> <p>...how to ask train staff for help if they feel unsure or need assistance.</p>

			<p>...how to stay calm and follow instructions if something goes wrong, like delays or missing the train.</p> <p>...how to share their travel plans with a trusted person for safety.</p>
Rights & Benefits			
	Content Focus	Learning Intentions	By the end of the intended learning students will know....
Pathway 2	Expressing Needs and Preferences	To communicate their basic needs and preferences using various methods of expression.	<p>...how to use verbal and non-verbal communication, including gestures, pictures, or simple words, to express their needs with support.</p> <p>...how to recognise and respond to basic prompts that encourage the expression of preferences with guidance.</p> <p>...how to use a choice board or pictorial menu to indicate their needs and preferences.</p> <p>...how to participate in simple role-play activities that reinforce expressing likes and dislikes.</p> <p>...how to understand that sharing their needs and preferences helps others provide the right support.</p> <p>...how to practice these communication methods in a structured and supportive environment.</p>
	Making Choices	To make informed choices by considering different options, weighing consequences, and understanding their impact on themselves and others.	...how to recognise and choose between multiple options based on preferences and needs (e.g., choosing between different snacks or activities).

			<p>...how to understand the difference between needs and wants when making a choice (e.g., choosing food to eat when hungry versus choosing something for fun).</p> <p>...how to consider the consequences of their choices (e.g., what might happen if they pick one option over another).</p> <p>...how to begin making decisions independently, with some guidance (e.g., choosing what to do in their free time or what clothes to wear for an outing).</p> <p>...how to recognise that their choices might affect other people (e.g., choosing an activity that everyone can participate in or sharing materials with others).</p>
	To identify when you need help	To help students identify when they need help and learn how to ask for assistance in a simple, clear way.	<p>...how to recognise when they need help with a task or activity.</p> <p>...how to use simple words, gestures, or pictures to ask for help.</p> <p>...how to identify and approach a trusted adult or peer for assistance.</p> <p>...how to understand when it is appropriate to ask for help.</p>
	Understanding Personal Rights	To develop an awareness of their basic rights in a supportive environment.	<p>...how to recognise that they have the right to have their needs met by caregivers and educators.</p> <p>...how to understand the importance of personal space and begin to recognise when others need their space.</p> <p>...how to express when they feel comfortable or uncomfortable i.e. with personal space.</p>

			...how to recognise and respond to simple cues about their rights and boundaries (e.g., saying "please" and "thank you," asking for help when needed).
	Expressing Views and Opinions	To help students start expressing their views and opinions in a safe and respectful way.	<p>...how to express likes and dislikes using simple words or gestures.</p> <p>...how to say what they enjoy or don't enjoy (e.g., food, activities).</p> <p>...how to share their thoughts when asked, with help from adults or peers.</p> <p>...how to listen when others share their views and respond politely.</p> <p>...how to recognise that everyone can have different opinions.</p>
	To respect and understand others' rights	To learn the importance of respecting others' rights and personal space.	<p>...how to recognise that other people have needs and rights, just like they do.</p> <p>...how to practice respecting others' personal space and belongings.</p> <p>...how to use kind words and actions when interacting with others.</p> <p>...how to understand the importance of waiting for permission i.e. before touching others' things.</p>
Time Management			
	Content Focus	Learning Intentions	By the end of the intended learning students will know....
Pathway 2	Days of the week	To recognise and begin to understand the concept of days of the week with consistent support.	<p>...how to identify and name the days of the week using visual aids and repetition.</p> <p>...how to participate in activities that reinforce the sequence of days.</p>

		To gain an understanding of the concept of a week as a cycle of days.	<p>...how to associate daily routines with specific days of the week.</p> <p>...the concept of yesterday, today, and tomorrow with guided support.</p> <p>...how to recognise the pattern and routine of a week through structured activities.</p> <p>...how to participate in activities that highlight the start and end of the week.</p> <p>...how to identify key events that happen on specific days to reinforce the weekly cycle.</p> <p>...the concept of week days and weekend and the differences in activities and routines between them</p> <p>...how to use songs, stories, or games to strengthen understanding of the days of the week.</p> <p>...how to use visual aids or calendars to support understanding of weekly routines.</p> <p>...how to engage in simple discussions about personal or classroom activities that happen on different days of the week.</p>
	Months	To understand the concept of months, focusing on recognition and routine.	<p>...how to recognise key features of different months through seasonal changes and events.</p> <p>...how to use visual tools to connect months with specific holidays or classroom activities.</p>

			<p>...how to sequence months in order using songs, stories, or repetition.</p> <p>...the association between months and personal events, such as birthdays or celebrations.</p> <p>...how to engage in simple activities to reinforce the concept of time passing across months.</p>
	Four Seasons	To explore and identify the four seasons through sensory experiences and visual aids.	<p>...how to recognise distinctive features of each season, such as weather changes and associated activities.</p> <p>...how to participate in seasonal activities to reinforce understanding and recognition.</p> <p>...how to use sensory experiences, such as feeling different temperatures or touching seasonal objects, to explore each season.</p> <p>...how to identify seasonal clothing and understand its purpose.</p> <p>...how to associate seasonal changes with events or holidays throughout the year.</p>
	Times in the Day	To recognise key times of the day through structured routines and visual supports.	<p>...how to identify morning, afternoon, and evening using routines and visual cues.</p> <p>...how to participate in activities that highlight transitions between key times of the day.</p> <p>...how to associate daily activities, such as meals or bedtime, with specific times of the day.</p> <p>...how to use visual schedules or timers to support understanding of daily routines.</p>

			...how to respond to changes in routine by recognising key time-based signals, such as natural light changes or clock visuals.
	Building Routines to Support Managing Time	To engage with daily routines and schedules to build consistency and understanding of time management.	<p>...how to follow structured routines with support, recognising key parts of the day.</p> <p>...how to participate in creating personal or classroom schedules to encourage involvement and understanding.</p> <p>...how to use visual timetables or prompts to reinforce daily structure.</p> <p>...how to transition between activities smoothly by recognising routine cues.</p> <p>...how to develop confidence in predicting what comes next in a daily schedule.</p>
Shopping			
	Content Focus	Learning Intentions	By the end of the intended learning students will know....
Pathway 2	Recognising different types of shops	Understanding of different types of shops and their uses	<p>...the different types of shops, including supermarkets, convenience stores, and online retailers.</p> <p>...what types of products are typically sold in different stores.</p> <p>...the benefits and drawbacks of shopping in different places (e.g., convenience vs. price).</p> <p>...how to compare prices between different types of shops.</p> <p>...how online shopping works and when it might be useful.</p> <p>...when to use different types of shops based on their needs (e.g., everyday essentials vs. special purchases).</p>

	<p>Selecting items from a list and placing them in a basket or trolley.</p>	<p>Develop the ability to follow a shopping list and select the correct items while shopping.</p>	<p>...how to read and follow a shopping list. ...how to find items in a shop based on category and aisle signs. ...how to compare similar products to make a choice. ...how to check product labels for price, size, and expiry dates. ...how to handle a shopping basket or trolley safely. ...how to stay within budget when selecting items.</p>
	<p>Handing over cash and receiving change.</p>	<p>Develop confidence in handling cash transactions and checking change correctly.</p>	<p>...how to count out cash correctly when making a payment. ...the importance of checking the price before handing over money. ...how to calculate and check the correct change received. ...how to recognise different denominations of coins and notes. ...how to store money securely while shopping. ...how to be aware of potential mistakes or scams in cash transactions.</p>
	<p>Understanding basic needs vs. wants when shopping.</p>	<p>Develop an understanding of the difference between essential needs and non-essential wants when shopping.</p>	<p>...the difference between needs (e.g., food, toiletries, clothing) and wants (e.g., snacks, luxury items, gadgets). ...how to prioritise essential purchases within a budget. ...how advertising and product placement influence decision-making. ...how to manage spending by balancing needs and wants.</p>

			...how to make informed choices based on necessity rather than impulse.
	Identifying online stores and browsing basic items.	Introduction to online shopping platforms and how to search for basic items.	<p>...the difference between various online stores (e.g., supermarkets, clothing retailers, marketplaces like Amazon or eBay).</p> <p>...how to search for specific products using keywords and filters.</p> <p>...how to compare prices and read product descriptions before purchasing.</p> <p>...how to recognise trusted websites and avoid misleading or fraudulent sites.</p> <p>...how to check stock availability and understand product reviews.</p>

Pathway 3

Household Management

	Content Focus	Learning Intentions	By the end of the intended learning students will know....
Pathway 3	Exploring and using Cleaning Products and tools	To perform basic cleaning tasks with guidance, focusing on maintaining a tidy living space.	<p>...how to practice dusting, sweeping, and wiping surfaces with support.</p> <p>...the importance of cleanliness in personal spaces.</p> <p>...how to identify different cleaning products and tools and their appropriate use.</p> <p>...how to follow safety guidelines when using cleaning products and tools.</p> <p>...how to maintain a tidy living space by completing simple cleaning tasks.</p> <p>...the role of regular cleaning in creating a healthy and comfortable environment.</p> <p>...how to clean and maintain commonly used items such as kitchen counters, tables, and floors.</p> <p>...the importance of cleaning schedules for maintaining a consistent and effective cleaning routine.</p>
	Using products and appliances to launder clothing	To understand the basics of sorting and washing clothes with guidance.	<p>...how to sort clothes by colour and fabric type with support.</p> <p>...the importance of reading clothing labels for washing instructions.</p> <p>...how to select the appropriate washing machine settings for different fabrics.</p> <p>...how to load and unload the washing machine safely with support.</p> <p>...the role of detergent and fabric softener in the laundry process.</p>

		<p>...how to fold and organise clean clothes with guidance.</p> <p>...the importance of checking clothes for stains and pre-treating them before washing.</p> <p>...how to dry clothes using different methods (air-drying, tumble-drying) with support.</p> <p>...how to use a washing machine with step-by-step assistance.</p>
	To safely iron clothes with supervision, focusing on techniques and safety.	<p>...how to set up an ironing board and use an iron safely.</p> <p>...how to iron simple garments with guidance.</p> <p>...the importance of adjusting the iron's temperature for different fabrics.</p> <p>...how to handle the iron safely to avoid burns or accidents.</p> <p>...how to identify when a garment is appropriately ironed (smooth, wrinkle-free).</p> <p>...how to store the iron and ironing board safely after use.</p> <p>...the role of steam and heat in the ironing process.</p> <p>...how to maintain and clean the iron for effective use.</p>
	To understand and interpret clothing labels for care instructions and size.	<p>...how to identify care symbols and understand their meanings.</p> <p>...how to recognise size labels to choose appropriate clothing.</p> <p>...the importance of following care instructions to preserve clothing quality.</p> <p>...how to interpret washing, drying, and ironing instructions on clothing labels.</p> <p>...how to select clothing based on size labels to ensure a proper fit.</p>

			<p>...the significance of understanding fabric types and their specific care needs.</p> <p>...how to differentiate between different types of clothing labels (e.g., fabric content, country of origin)</p>
		To fold clothes neatly with guidance, focusing on creating organised spaces.	<p>...how to practice folding different types of clothing with support.</p> <p>...how to keep clothes organised and tidy.</p> <p>...the importance of folding clothes to maximise storage space.</p> <p>...how to fold clothes neatly to prevent wrinkles and maintain a tidy appearance.</p> <p>...how to sort clothes by type (e.g., shirts, pants, socks) when folding for organisation.</p> <p>...how to store folded clothes efficiently in drawers, shelves, or closets.</p> <p>...the benefits of maintaining an organised and tidy space for easier access to clothing.</p>
		To hang clothes properly with guidance, ensuring clothing condition is maintained.	<p>...how to use hangers to hang clothes neatly with support.</p> <p>...the importance of proper hanging techniques for clothing care.</p> <p>...how to choose the appropriate type of hanger for different types of clothing (e.g., shirt hangers, pant hangers).</p> <p>...how to avoid stretching or damaging clothes by using the correct hanging method.</p> <p>...the role of hanging clothes in maintaining their shape and condition.</p> <p>...how to organise clothes by type or category when hanging them.</p>

			...the importance of ensuring that clothes are hung properly to prevent wrinkles and maintain their appearance.
	Cooking following a recipe	To follow simple recipes for meal preparation with support to ensure safety and understanding.	<p>...how to measure ingredients and follow step-by-step instructions with guidance.</p> <p>...how to recognise basic cooking tools and their uses.</p> <p>...the importance of following a recipe to ensure correct proportions and cooking times.</p> <p>...how to prepare ingredients safely (e.g., chopping, washing) with support.</p> <p>...the role of different cooking methods (e.g., boiling, frying, baking) in meal preparation.</p> <p>...how to use kitchen equipment safely to avoid accidents or injuries.</p> <p>...how to identify when a meal is properly cooked and ready to serve.</p> <p>...the importance of kitchen hygiene, such as washing hands and cleaning surfaces.</p>
		To identify and understand the importance of best before dates on food products.	<p>...how to locate and read 'use by' and 'best before' dates on packaging and the difference between them.</p> <p>...the significance of consuming food before the 'use by' date to ensure safety.</p> <p>...how to make a safe and informed decision before buying and consuming food that is on or past the 'best before' date (e.g., using look, smell, and taste to assess food quality).</p> <p>...the importance of checking dates to avoid foodborne illness and waste.</p> <p>...how to safely store food to extend its shelf life.</p>

			<p>...the difference between 'use by' and 'best before' and how each affects food safety and quality.</p> <p>...how to manage food storage at home to ensure food is consumed within safe and quality periods.</p>
	Kitchen safety and hazard identification	To understand essential kitchen safety practices to prevent accidents	<p>...how to identify potential kitchen hazards and learn how to avoid them.</p> <p>...how to practice safe handling of kitchen tools and appliances.</p> <p>...the importance of keeping kitchen surfaces clean and free from hazards to prevent accidents.</p> <p>...how to safely handle sharp objects, such as knives, to avoid injury.</p> <p>...how to use cooking appliances (e.g., stoves, ovens, microwaves) safely and follow safety instructions.</p> <p>...the role of wearing appropriate clothing (e.g., no loose sleeves, closed shoes) to prevent kitchen accidents.</p> <p>...how to manage hot surfaces and pots safely to avoid burns.</p> <p>...how to recognise and respond to kitchen emergencies, such as fires or spills.</p>
		To identify common household hazards and learn how to mitigate risks.	<p>...how to recognise potential hazards in different areas of the home.</p> <p>...strategies to prevent and respond to hazards.</p> <p>...the importance of keeping areas tidy to reduce the risk of accidents (e.g., tripping over objects).</p>

			<p>...how to identify fire hazards and the importance of smoke detectors and fire safety plans.</p> <p>...how to safely store cleaning products and chemicals to avoid poisoning or injury.</p> <p>...how to safely use electrical appliances and prevent electrical hazards.</p> <p>...the significance of keeping sharp objects and tools out of reach of children or pets.</p>
	Securing accommodation	To gain an understanding of different housing options, responsibilities, and support available.	<p>...how to identify various types of living arrangements, such as apartments, shared housing, and independent living.</p> <p>...the different types of housing options available, including rented, supported living, social housing, and private ownership.</p> <p>...how to apply for housing and understand key requirements, such as tenancy agreements, deposits, and references.</p> <p>...the importance of paying rent on time and the consequences of missed payments.</p> <p>...where to seek help for housing issues, including landlords, housing associations, and support services.</p> <p>...the rights and responsibilities of tenants in different housing arrangements.</p> <p>...how to assess and choose housing options based on personal needs, preferences, and available support.</p> <p>...how to recognise and address issues that may arise in the housing process, such as conflicts with landlords or roommates.</p>
		To develop a basic understanding of financial responsibilities related to	...the difference between renting and owning a home.

		<p>housing, including rent and mortgages.</p>	<p>...basic budgeting concepts related to housing expenses, such as rent, utilities, and maintenance costs. ...how to calculate monthly housing costs and budget accordingly. ...the importance of understanding rent contracts, including the payment schedule and terms. ...the responsibilities of homeowners, such as mortgage payments, property maintenance, and insurance. ...how to differentiate between fixed and variable housing costs. ...the role of credit scores in securing housing and understanding the impact of financial history on rental and mortgage applications. ...how to plan for unexpected housing expenses, such as repairs or emergency costs.</p>
		<p>To understand the steps involved in moving to a new place and how to adapt to a new environment.</p>	<p>...the logistics of moving, including planning, packing, and settling in. ...how to create a comfortable and organised living space in a new environment. ...how to pack efficiently, including how to organise belongings by category. ...the importance of setting up essential utilities (e.g., electricity, water, internet) when moving into a new place. ...how to manage time effectively during the moving process to reduce stress. ...how to unpack and arrange personal belongings in a way that maximises space and comfort.</p>

			<p>...how to adapt to a new environment by personalising the space and creating a familiar, welcoming atmosphere.</p> <p>...how to address potential challenges during the move, such as adjusting to a new location or community.</p>
	DIY	To develop basic DIY skills for household management, focusing on safety and confidence in completing simple tasks.	<p>...how to identify and use basic tools safely and appropriately for simple DIY tasks.</p> <p>...how to follow step-by-step instructions to complete tasks such as hanging a picture, tightening a screw, or assembling a small piece of furniture.</p> <p>...how to recognise the importance of safety when handling tools, including wearing protective gear (e.g., gloves, goggles).</p> <p>...how to maintain tools properly to ensure they remain in good working condition.</p> <p>...how to evaluate when a task is beyond their current skill level and requires additional support or professional help.</p> <p>...how to check the condition of items in the home and determine when DIY repairs are necessary.</p> <p>...the importance of asking for assistance when unsure of how to safely perform a task.</p> <p>...how to build confidence in performing small DIY tasks with guidance</p>
	Money and Banking	To understand the basic concept of bank accounts and their purpose.	<p>...what a bank account is and why it is used.</p> <p>how to check a bank balance with assistance.</p> <p>...how to deposit and withdraw money with guided support.</p> <p>...the different banking services available, such as ATMs and online banking.</p>

		<p>...how to use an ATM safely to withdraw money and check balances.</p> <p>...how to understand basic bank statements and what information they provide.</p> <p>...the importance of keeping track of bank account transactions to ensure accuracy.</p> <p>...how to keep personal banking information secure, including pin codes and passwords.</p>
	To learn the fundamental process of paying bills with support.	<p>...how to identify common household bills and understand their importance.</p> <p>...how to recognise the due dates and amounts for regular bills such as electricity, water, and internet.</p> <p>...the practice of paying bills using simple methods, like direct debit or online payments, with assistance.</p> <p>...the importance of paying bills on time to avoid late fees and service interruptions.</p> <p>...how to track and organise bills to ensure they are paid promptly.</p> <p>...the role of bill providers and customer service in addressing payment issues or inquiries.</p> <p>...how to set up payment reminders or alerts to help manage bills.</p> <p>...how to seek help if they are unsure about paying a bill or need assistance.</p>
	To understand the basics of creating and managing a simple budget.	<p>...how to track income and expenses with guidance.</p> <p>...how to identify sources of income and understand their role in budgeting.</p>

			<p>...how to categorise different types of expenses, such as essentials and non-essentials.</p> <p>...the importance of saving and making informed spending choices.</p> <p>...how to set aside money for savings as part of a budget.</p> <p>...the role of prioritising essential expenses like rent, utilities, and food.</p> <p>...how to make adjustments to a budget when needed to stay on track.</p> <p>...how to recognise when spending is exceeding income and strategies to address it.</p>
	Security - yourself and belongings	To learn strategies for keeping themselves and their belongings secure.	<p>...the importance of personal security measures, like PINs and passwords, and how to create strong, secure ones.</p> <p>...how to keep personal information safe, both online and offline.</p> <p>...how to protect personal belongings in various settings, such as home, public places, and when traveling.</p> <p>...how to use locks and security devices to secure personal items and living spaces.</p> <p>...how to recognise and avoid common security threats, such as scams and theft.</p> <p>...how to report lost or stolen belongings and take appropriate steps to recover them.</p> <p>...the importance of being aware of their surroundings to enhance personal safety.</p> <p>...how to seek help or support in case of security-related issues.</p>
Travel			

	Content Focus	Learning Intentions	By the end of the intended learning students will know...
Pathway 3	Bike Travel	To develop cycling skills and understand cycling safety, with support for skill building and confidence.	<p>...how to safely mount and dismount a bicycle with support, ensuring balance and control.</p> <p>...how to adjust the bike (e.g., seat height, handlebars)</p> <p>...how to maintain a bike (e.g.. change a wheel, put the chain back on) for a comfortable and safe riding position.</p> <p>...how to pedal smoothly and maintain balance while cycling at a slow pace, with support if needed.</p> <p>...how to use basic hand signals for turning and stopping while cycling.</p> <p>...how to understand and follow cycling safety rules, such as wearing a helmet and using lights or reflective gear. Why is it important?</p> <p>...how to safely ride on designated bike paths or in low-traffic areas, following traffic signals and road signs.</p> <p>...how to check the bike for safety before use, including tire pressure, brakes, and chain.</p> <p>...how to stop and start safely when approaching intersections, curbs, or other obstacles.</p> <p>...how to recognise hazards on the road, such as potholes, traffic, or pedestrians, and how to avoid them.</p> <p>...how to communicate and ask for support if they feel unsure or unsafe while cycling.</p>
	Reading Maps	To develop the ability to read and interpret maps	...how to identify key features on a map, such as landmarks, roads, and symbols.

			<p>...how to understand map scale and use it to estimate distances between locations.</p> <p>...how to orient a map correctly using a compass or by matching it to the environment.</p> <p>...how to follow a route on a map, identifying starting and ending points and understanding directions.</p> <p>...how to use map symbols and legends to understand what different features on the map represent.</p> <p>...how to read grid references or coordinates to locate specific places or features on a map.</p> <p>...how to plan a simple route on a map, considering factors like distance, directions, and key landmarks.</p> <p>...how to identify the best route to a destination based on map details, such as avoiding obstacles or using the most direct path.</p> <p>...how to use maps alongside other tools, such as GPS or journey planners, for navigation.</p> <p>...how to ask for help if they get confused or are unsure about reading a map correctly.</p>
	<p>Car Travel – Driving Licence Theory Transport and Road Signs</p>	<p>To develop principles of car travel and driving theory so that I can understand road rules, traffic signs, safe driving practices to become a responsible and confident driver.</p>	<p>...the knowledge required to pass a driving theory test, including multiple-choice questions and hazard perception scenarios.</p> <p>...the common road signs, markings, and traffic lights to navigate roads safely.</p> <p>...the basic car functions, including braking, steering, and using indicators, as well as the importance of seat belts and mirrors.</p>

		the potential dangers on the road, such as weather conditions, pedestrian crossings, and other vehicles' behaviour.
	Bus Travel – Independent	To travel independently by bus so that they can confidently read timetables, plan routes, use bus services safely, and respond to any travel changes or disruptions.	<p>...how to Identify departure times, routes, and service frequencies.</p> <p>...how to choose the best bus routes based on their destination, stops, and transfer points</p> <p>.....how to utilise journey planning apps, maps, and online services to find bus times and real-time updates.</p> <p>...how to board, exit, and behave safely on a bus.</p> <p>...how to use bus passes, contactless payments, or purchase tickets.</p> <p>....to Identify alternative routes and respond to delays, cancellations, or missed connections.</p>
	Taxi Travel – Independent	To confidently book a ride, communicate with drivers, understand fares, and ensure a safe and efficient journey.	<p>...to call or use apps to book a taxi.</p> <p>...to provide clear destination details and any necessary instructions.</p> <p>...taxi fares are calculated, including base rates, distance charges, and potential additional fees.</p> <p>...to check for licensed taxis, share ride details with someone they trust, and follow safe travel practices.</p> <p>...to use cash, card, or app-based payment methods correctly.</p> <p>...what to do in case of a route change, overcharging, or feeling unsafe during the journey.</p>

	Train Travel – Independent	To travel independently by train so that I can confidently read timetables, navigate train stations, purchase tickets, and follow safety procedures to ensure a smooth and secure journey.	<p>...departure times, platforms, routes, and train schedules.</p> <p>...how to find platforms, read station signs, and follow directional cues to board the correct train.</p> <p>...how to buy tickets through ticket machines, online services, or at ticket counters, and understand ticket types and fares.</p> <p>...the proper procedures for boarding and exiting trains, including waiting for the train to stop and following station signs.</p> <p>...safety rules for traveling on trains, such as staying behind barriers, using proper seating, and following emergency procedures.</p> <p>...how to deal with delays, cancellations, or missed connections, and identify alternative routes or services if needed.</p>
	Selecting the right mode of transport	To select the right mode of transport for different journeys so that I can make informed decisions based on factors such as cost, time, convenience, and environmental impact.	<p>...the different types of transport available (bus, train, taxi, walking, cycling, community transport, mobility services)</p> <p>...the advantages and disadvantages of each mode of transport in different situations.</p> <p>...how to identify transport options in their local area.</p> <p>...the importance of planning routes and understanding journey times.</p>
	Rental Electric Scooter	To safely use rental e-scooters so that students can operate them responsibly, follow traffic rules, and ensure my safety and the safety of others while riding.	<p>...to start, stop, turn, and maintain balance while riding the e-scooter.</p> <p>...to follow local traffic laws, including speed limits, pedestrian zones, and proper lane usage.</p> <p>...the importance of wearing helmets and other protective equipment for safety.</p>

			<p>...how to ride safely on various surfaces, avoid obstacles, and respect other road users, such as pedestrians and cyclists.</p> <p>...what to do in case of an accident, breakdown, or unsafe riding conditions.</p>
Rights & Benefits			
	Content Focus	Learning Intentions	By the end of the intended learning students will know....
Pathway 3	Self-Advocacy	To develop skills to express their needs and preferences with confidence, using appropriate communication methods.	<p>...how to articulate personal needs and preferences in various settings with increasing independence.</p> <p>...how to choose and use appropriate communication methods, including verbal, written, and visual cues, to express themselves confidently.</p> <p>...strategies to ask for help or clarification when needed, using self-advocacy techniques.</p> <p>...how to engage in role-play or guided discussions to practice self-advocacy in real-life situations.</p> <p>...the importance of expressing their needs and preferences to receive the right support.</p> <p>...how to build confidence through repeated practice and constructive feedback.</p>
	Personal Budgeting	To develop an understanding of managing a personal budget by recognising the value of money and making basic financial decisions.	<p>... how to differentiate between needs and wants when making spending choices.</p> <p>... how to plan and manage a simple budget with support, considering income and expenses.</p> <p>... how to make informed spending decisions by comparing prices and looking for value.</p>

			<p>... how to recognise the importance of saving money for future needs or unexpected expenses.</p> <p>... how to track basic spending habits to develop financial awareness.</p> <p>... where to seek advice and support for managing money responsibly.</p>
	Accessing Free Resources	To understand how to access free resources responsibly and use them to support their personal needs and interests.	<p>...how to identify resources available for free in their community, such as libraries, public parks, and online educational materials.</p> <p>...how to access public services, such as free health resources or youth clubs, and understand the process of using them.</p> <p>...how to use free online resources responsibly, respecting copyright laws and privacy guidelines.</p> <p>...how to recognise the importance of not taking advantage of free resources inappropriately and using them fairly.</p> <p>...how to ask for help if they are unsure about how to access or use a free resource.</p>
	Locating help in the local community	To learn how to locate help and support services in my local community.	<p>...how to identify different types of support services in the local community, such as healthcare, education, and safety services.</p> <p>...how to use different resources, like the internet or community boards, to find local help.</p> <p>...how to contact local services, such as calling a helpline or visiting a community centre.</p> <p>...how to ask trusted adults for help in finding local support when needed.</p>

			...how to recognise the importance of knowing where to find help in case of an emergency or when needing advice.
	UN convention on the rights of the child	To gain a basic understanding of their rights as outlined in the UN Convention on the Rights of the Child.	<p>...how to identify key rights that apply to them, such as the right to education, safety, and play.</p> <p>...how to explain why these rights are important in their daily lives.</p> <p>...how to recognise when their rights are being respected or not respected.</p> <p>...how to discuss how these rights help them grow and learn in a safe and supportive environment.</p> <p>...how to understand that all children have the same rights, no matter where they live.</p> <p>...how to express why it is important for everyone to have their rights respected.</p>
	Democracy and Voting	To make informed choices that reflect their preferences and values.	<p>...how to understand the concept of democracy and voting as a way to make choices.</p> <p>...how to recognise the importance of voting to reflect personal preferences and values.</p> <p>...how to consider the impact of their vote on the wider community.</p> <p>...how to evaluate different viewpoints and make informed decisions when participating in voting activities.</p> <p>...how to understand the role of majority rule in democratic decisions.</p> <p>...how to practice making decisions through democratic processes, such as voting on a group activity or idea.</p>

	Understanding legal rights and responsibilities and legal age limits	To understand how to be a responsible citizen by following the rule of law	<p>...how to recognise their rights and responsibilities in legal situations, such as consumer rights and understanding legal agreements.</p> <p>...how to access support if they have issues with contracts, disputes, or legal matters, and who to contact for help.</p> <p>...how to understand the role of the police and legal systems in protecting their rights and keeping them safe.</p> <p>...how to recognise the importance of laws related to employment, tenancy, and personal safety.</p> <p>...how to identify situations where legal advice or support may be needed.</p> <p>...how to understand the consequences of not following the law and how it impacts individuals and society.</p>
Time Management			
	Content Focus	Learning Intentions	By the end of the intended learning students will know....
Pathway 3	Learning to manage time effectively	To develop the ability to read and understand both analogue and digital clocks, with moderate support.	<p>...how to recognise and interpret the hour and minute hands on an analogue clock.</p> <p>...how to read and understand digital time formats (e.g., 12-hour and 24-hour clock systems).</p> <p>...the difference between AM and PM time and how to use them.</p> <p>...how to convert between analogue and digital time with guidance.</p> <p>...how to tell the time to the nearest hour, half-hour, and quarter-hour on both analogue and digital clocks.</p>

			...the importance of managing time effectively and using clocks to stay on schedule.
	Using a Calendar	To use a calendar to support their routine, tracking days, including key events, weeks, and months, with some guidance.	<p>...how to identify the current day, week, and month on a calendar with support.</p> <p>...how to mark important dates and events on a calendar.</p> <p>...the significance of major national holidays and their associated traditions.</p> <p>...how to use a calendar to help organise and plan for key events and activities.</p> <p>...how to track weeks, months, and upcoming events to maintain a structured routine.</p> <p>...how to participate in activities related to holiday celebrations, fostering an understanding of cultural practices.</p>
	Prioritising Tasks	To distinguish between important and not important.	<p>...the difference between important and not important tasks.</p> <p>...how to establish and follow a consistent daily routine.</p> <p>...how to use visual schedules to put tasks in order of priority.</p> <p>...the benefits of prioritising tasks for effective time management.</p> <p>...how to adjust their routine based on priorities and urgency.</p>
	Personal Schedules	To use schedules to organise their daily and weekly schedules.	<p>...how to read and interpret simple timetables for school/college or personal activities.</p> <p>...how to use a timetable to plan and organise their daily and weekly schedules.</p> <p>...how to anticipate upcoming events and activities using a timetable.</p>

			<p>...the importance of using schedules to manage time effectively.</p> <p>...how to track changes in the schedule and adjust plans accordingly.</p>
	Diaries	To explore the use of diaries to record personal experiences and plan activities.	<p>...how to write or draw daily entries to reflect on activities or feelings.</p> <p>...how to use diaries to plan simple future activities or events.</p> <p>...the benefits of using a diary for self-reflection and personal growth.</p> <p>...how to organise entries in a diary to keep track of their experiences and plans.</p> <p>...the importance of reviewing and reflecting on past entries to inform future decisions.</p>
	Developing Routines & Consistency	To understand the benefits of a consistent routine in promoting efficiency, reducing stress, and supporting independence.	<p>...the role of establishing daily routines to increase efficiency and reduce stress.</p> <p>...how to create a morning or evening routine to start and end the day productively.</p> <p>...how to adjust routines as needed to accommodate unexpected changes.</p> <p>...the benefits of consistency in completing household tasks, school/college work, or employment responsibilities.</p>
Shopping			
	Content Focus	Learning Intentions	By the end of the intended learning students will know....
Pathway 3	Understanding the differences between budget, mid-range, and premium stores.	Understand price differences between types of stores and how they affect shopping choices.	<p>...the differences between budget, mid-range, and premium stores.</p> <p>...why prices vary between different types of stores.</p> <p>...how packaging, branding, and store layout influence pricing.</p>

			<p>...how to compare quality and value for money across different store types.</p> <p>...how to shop within a budget by choosing the right store for different needs.</p> <p>...how store promotions and discounts affect pricing.</p> <p>...how to make informed decisions about where to shop based on financial and personal preferences.</p>
	Writing a budgeted shopping list and prioritising essential items.	Develop skills in creating a shopping list based on a budget and prioritising essential item.	<p>...how to create a shopping list based on what they need.</p> <p>...how to set a budget for shopping and stick to it.</p> <p>...how to prioritise essential items over non-essential purchases.</p> <p>...how to estimate costs and compare prices while shopping.</p> <p>...how to adapt a shopping list based on available money and special offers.</p>
	Understanding different Payment methods	To develop an understanding of different payment methods and how to use them responsibly.	<p>...how to identify different payment methods, including cash, debit cards, credit cards, and contactless payments.</p> <p>...how to understand the differences between cash and digital payments, including online transactions.</p> <p>...how to learn about the benefits and risks of using different payment methods.</p> <p>...how to practice making safe and responsible payments in everyday situations.</p> <p>...how to recognise the importance of keeping personal banking details secure.</p>

			...how to understand basic concepts of budgeting when using different payment methods.
	Understanding Reductions	Recognise price reductions and understand how they can help save money while shopping.	<p>...what price reductions are and how to identify them (e.g., yellow sticker discounts).</p> <p>...why items are reduced (e.g., short shelf life, damaged packaging).</p> <p>...when it is beneficial to buy reduced items and when to avoid them.</p> <p>...how to check expiry dates and assess whether a reduced item is a good purchase.</p> <p>...how reductions can help with budgeting and meal planning.</p> <p>...the importance of proper food storage to extend the life of reduced-price items.</p>
	Organising shopping efficiently	Develop the ability to organise shopping effectively for safe transportation and storage.	<p>...how to group similar items together (e.g., frozen, fresh, dry goods).</p> <p>...the importance of keeping cold and frozen items together for temperature control.</p> <p>...how to pack fragile items (e.g., eggs, bread) safely to prevent damage.</p> <p>...how to distribute weight evenly in a shopping bag or trolley.</p> <p>...how to separate cleaning products from food items.</p> <p>...how to efficiently unload and store items at home based on storage needs.</p>
	Using self-service tills and understanding receipts.	Develop the ability to use self-service checkouts and understand the importance of receipts.	<p>...how to scan items correctly at a self-service till.</p> <p>...how to follow on-screen instructions for payment options.</p>

			<p>...how to handle common self-service issues (e.g., unexpected item in bagging area, assistance requests).</p> <p>...the purpose of a receipt and what information it contains (price breakdown, date, store details).</p> <p>...how to check a receipt for errors or overcharges.</p> <p>...when and why a receipt may be needed (e.g., refunds, proof of purchase).</p>
	Recognising discounts, deals, and how they affect spending.	Develop the ability to identify and assess discounts and promotional offers to make cost-effective shopping decisions.	<p>...how to recognise common types of discounts (e.g., percentage off, BOGOF, multi-buy deals, clubcard's, rewards points, discount on apps).</p> <p>...how to calculate whether a discount or deal provides real savings.</p> <p>...the difference between short-term savings and long-term spending habits.</p> <p>...how to compare discounted items with non-discounted alternatives to determine the best value.</p> <p>...how some deals encourage overspending or unnecessary purchases.</p>
	Making a simple online purchase & delivery options	Develop the skills required to complete an online purchase and understand delivery choices.	<p>...how to add items to an online shopping cart and proceed to checkout.</p> <p>...the difference between delivery options (e.g., standard, next day, click & collect).</p> <p>...how to enter delivery details correctly and select an appropriate payment method.</p> <p>...how to track an order and understand estimated delivery times.</p> <p>...how to recognise and apply discount codes or vouchers at checkout.</p>

	Understanding how store credit works	Introduce students to the concept of store credit and how it functions.	<p>...what store credit is and how it differs from paying with cash or debit.</p> <p>...the meaning of "buy now, pay later" schemes and how they work.</p> <p>...the different types of store credit, including store cards and credit accounts.</p> <p>...how to check and understand the terms and conditions before signing up for store credit.</p> <p>...the importance of making payments on time to avoid penalties or extra charges.</p>
	What food banks are and how to access them.	Introduce students to food banks and how to access their services.	<p>...what food banks are and their purpose in the community.</p> <p>...how food banks help individuals and families facing food insecurity.</p> <p>...the process of accessing food banks, including referral systems and eligibility.</p> <p>...how to find local food banks and understand their operating hours and locations.</p> <p>...the types of items typically available at food banks and how to request specific needs.</p>
	Using surplus food apps to reduce waste and save money.	Introduce students to surplus food apps and how they can be used to reduce food waste and save money.	<p>...what surplus food apps are and how they connect consumers with discounted food from local shops, cafes, and supermarkets.</p> <p>...how to use surplus food apps to find available offers and make purchases.</p> <p>...the benefits of using surplus food apps, including saving money and reducing food waste.</p> <p>...the types of food that are typically available through surplus food apps and how to access these deals.</p>

			...the importance of understanding app functionality, such as delivery options and collection times.

Pathway 4

Household Management

	Content Focus	Learning Intentions	By the end of the intended learning students will know...
Pathway 4	Household responsibilities	To understanding the core tasks for everyday independent living for you and your household.	<p>...how to complete basic cleaning tasks (vacuuming, dusting, washing up).</p> <p>...how to do laundry correctly, including sorting clothes, using a washing machine, and drying items.</p> <p>...how to cook simple, nutritious meals using basic ingredients and kitchen appliances.</p> <p>...how to manage waste, including recycling and food waste disposal.</p>
	Stocking essentials	To ensure that you have everything in your home that you need.	<p>...what essential household items are needed (kitchenware, cleaning supplies, personal care items).</p> <p>...how to budget and prioritise spending when setting up a home.</p> <p>...how to shop for groceries and household goods within a budget.</p> <p>...the importance of maintaining a stock of essential items (food, toiletries, first-aid supplies).</p>
	Home safety and security	To know how to stay safe within the home.	<p>...the importance of fire safety, including checking smoke alarms and having an escape plan.</p> <p>...how to safely use household appliances and prevent hazards (electrical safety, gas safety).</p> <p>...how to lock doors and windows securely and be aware of personal security.</p> <p>...who to contact in case of an emergency (landlord, emergency services, support workers).</p>

			...what does an emergency consist of, what does that look like, eg a burst pipe, a frayed electrical cable.
	Setting up the home	To know the process for setting up a home in preparation to move in.	<p>...how to set up essential utilities (gas, electricity, water) and understand energy efficiency.</p> <p>...the process of choosing, purchasing, and arranging furniture and household items.</p> <p>...how to clean and prepare a living space for safe and comfortable use.</p> <p>...how to identify and report any maintenance issues to landlords or support staff.</p>
	Managing household finances	To develop the ability to create and manage a budget, track income and expenses, prioritise essential spending, and make informed financial decisions to support financial stability and future planning.	<p>...how to create a personal or household budget.</p> <p>...how to track income and expenses to manage spending.</p> <p>...how to prioritise essential expenses such as rent, utilities, and food.</p> <p>...how to differentiate between needs and wants.</p> <p>...how to make informed financial decisions to avoid unnecessary debt.</p> <p>...how to plan for short-term and long-term expenses.</p> <p>...how to set financial goals and develop saving habits.</p> <p>...about emergency funds and why they are important.</p> <p>...how to take and submit meter readings.</p>
		To develop the skills needed to understand, manage, and pay household bills effectively, ensuring financial stability and the continuous provision of essential services.	<p>...how to read and understand utility bills (electricity, water, internet, etc.).</p> <p>...how to pay bills on time to avoid late fees and service disruptions.</p> <p>...how to set up direct debits or standing orders for regular payments.</p>

		To develop an understanding of household finances, enabling students to manage money responsibly, make informed financial decisions, and protect themselves from financial risks.	<p>...the different types of savings accounts and interest rates.</p> <p>...how to open and manage a bank account.</p> <p>...how to use online banking and mobile banking apps safely.</p> <p>...how to recognise different types of financial products (e.g., credit cards, loans).</p> <p>...about the different credit options, such as Klarna and their advantages and disadvantages.</p> <p>...the impact of borrowing, credit scores, and interest rates.</p> <p>...how to avoid overspending and debt traps.</p> <p>...how to recognise financial scams and fraud.</p>
Travel			
	Content Focus	Learning Intentions	By the end of the intended learning students will know....
Pathway 4	Journey planning and route awareness	To develop the skills and the confidence to plan and navigate journeys.	<p>...how to independently plan a journey using a range of resources such as maps, journey planning apps, and transport websites.</p> <p>...how to identify and choose the most efficient or accessible route, considering travel time, transport options, and connections.</p> <p>...how to interpret and follow public transport timetables, including understanding departure times, stops, and frequency of services.</p> <p>...how to navigate stations, bus stops, and transport hubs by following signs and asking for assistance when needed.</p> <p>...how to use GPS and navigation apps effectively to track their route and adjust if necessary.</p> <p>...how to manage travel tickets and passes, ensuring they have the correct tickets for their journey.</p>

			...how to assess the safety and accessibility of travel options, including walking routes, and make informed choices about how to travel.
	Buying and using tickets	To further develop the ability to confidently purchase and use travel tickets.	<p>...how to identify the correct type of ticket for their journey, such as single, return, or day pass.</p> <p>...how to purchase tickets using different methods, including ticket machines, apps, or at a ticket office, with minimal assistance.</p> <p>...how to use a contactless card or travel card to pay for travel, including how to top up or check balance if needed.</p> <p>...how to present their ticket to the driver or ticket inspector, understanding where and when to show it.</p> <p>...how to ask for help if they are unsure about ticket prices or how to use the ticketing system.</p> <p>...how to check for any discounts or concessionary fares they may be eligible for, such as student or disability discounts.</p> <p>...how to keep their ticket safe and know what to do if they lose it during their journey.</p> <p>...how to ask for a receipt or confirmation of payment if needed for reference.</p>
	Personal safety and awareness when travelling	To develop awareness of personal safety while travelling.	<p>...how to stay aware of their surroundings, identifying potential risks or unsafe situations while traveling.</p> <p>...how to use personal safety strategies, such as keeping valuables secure, avoiding distractions, and staying alert in public places.</p> <p>...how to seek assistance if they feel unsafe, including knowing when and how to contact transport staff, security personnel, or the police.</p>

			<p>...how to use technology, such as safety apps or sharing their location with a trusted person, to enhance personal security.</p> <p>..how to confidently navigate busy or unfamiliar environments, such as stations or terminals, while remaining mindful of personal safety.</p> <p>...how to recognise and avoid risky behaviours, such as traveling with unknown individuals or taking unsafe shortcuts.</p> <p>...how to respond appropriately in emergency situations, including knowing where to find help or emergency contacts.</p>
	<p>Problem-solving and handling unexpected situations</p>	<p>To equip students with problem solving and skills and confidence to handle unexpected situations while traveling.</p>	<p>...how to stay calm and think clearly if they get lost or miss their stop, using available resources (e.g., maps, apps, asking for directions).</p> <p>...how to effectively ask for help from transport staff or members of the public when unsure of the next step in their journey.</p> <p>...how to recognise when a situation requires immediate action, such as delays, cancellations, or safety concerns, and how to handle it responsibly.</p> <p>...how to make informed decisions to adjust their journey, such as finding alternative routes or transport options during disruptions.</p> <p>...how to use digital tools or resources, such as journey planners and real-time updates, to assess and solve travel issues.</p> <p>...how to maintain a problem-solving mindset, staying flexible and confident when plans don't go as expected.</p>

			<p>...how to contact a trusted person for help if necessary, ensuring safety and peace of mind during unexpected situations.</p> <p>...how to identify potential risks or unsafe situations and take the appropriate steps to minimize or avoid them.</p>
	Technology for transport	To develop students' understanding and confidence in using technology to support independent travel.	<p>...how to use satellite navigation (sat nav) systems to plan and follow a route.</p> <p>...how to use transport apps (e.g., Google Maps, Citymapper, Moovit) to check routes, timetables, and live travel updates.</p> <p>...how to plan a journey using public transport apps, including purchasing tickets and tracking delays.</p> <p>...how to use ride-hailing apps (e.g., Uber, Bolt) safely and responsibly.</p> <p>...how to troubleshoot common technology issues, such as low battery, no signal, or incorrect navigation.</p> <p>...how to ensure personal safety when using technology for travel, including sharing live locations with trusted contacts.</p>
Rights & Benefits			
	Content Focus	Learning Intentions	By the end of the intended learning students will know....
Pathway 4	Making Informed Decisions and Self Advocacy	To make informed decisions that support my needs and preferences, while effectively advocating for myself.	<p>...how to gather and evaluate information to make informed choices about money, housing, and everyday decisions.</p> <p>...how to articulate their needs and preferences effectively in different contexts.</p> <p>...how to access advocacy services and resources when they need support with decision-making.</p>

			<p>...the importance of reading and understanding contracts and agreements before committing.</p> <p>...strategies to weigh potential risks and benefits when making decisions.</p> <p>...how to reflect on past decisions to improve future self-advocacy and decision-making skills.</p>
	Understanding Benefits & Financial support	To learn about the financial support available to them, including understanding benefits and accessing advice for managing them.	<p>...how to identify different types of benefits available, such as Personal Independence Payment (PIP), Universal Credit, Employment and Support Allowance (ESA), housing benefits, and disability support.</p> <p>...how to determine eligibility for various benefits and understand the application process.</p> <p>...how to access support for completing benefit applications with guidance.</p> <p>...where to find advice on managing benefits and avoiding financial exploitation.</p> <p>...the importance of staying informed about updates in financial support options.</p> <p>...how to use available financial support to improve their overall financial well-being.</p>
	Housing Rights & Responsibilities	To learn to about their housing and accommodation entitlements.	<p>...how to understand their rights as tenants, including security of tenure, rent protection, and repair obligations.</p> <p>...how to communicate effectively with landlords and interpret rental agreements.</p> <p>...what steps to take if issues arise with housing, such as maintenance problems or disputes.</p> <p>...how to access support services and seek assistance when facing housing difficulties.</p> <p>...strategies to advocate for themselves in housing-related matters.</p>

			...the importance of staying informed about changes in housing laws and tenant rights.
	Personal Rights & responsibilities	To understand their personal rights and responsibilities, enabling them to express these rights, uphold responsibilities, and seek support when needed.	<p>...how to recognise their basic personal rights such as respect, privacy, and dignity.</p> <p>...how to understand the responsibilities that accompany these rights.</p> <p>...how to express their rights and concerns using appropriate communication methods.</p> <p>...how to differentiate between personal rights and responsibilities in various situations.</p> <p>...when and how to seek help if their rights are not being respected.</p> <p>...how to apply personal rights and responsibilities in everyday life to create a respectful and inclusive community.</p>
	Social & Political Rights	To understand and know their social and political rights, including their role as citizens and how to engage with community decisions.	<p>...how to understand their rights as citizens, including voting and participation in community decisions.</p> <p>...how to engage with political and social issues affecting their lives with guidance.</p> <p>...how to access support for understanding social services, local government rights, and avenues for public participation.</p> <p>...the role of local and national advocacy groups in supporting their rights with assistance.</p> <p>...how to express their opinions and contribute to community decision-making processes.</p> <p>...the importance of being an active and informed citizen.</p>
	The Law	To develop a broad understanding of the law and its role in society, including how it protects rights,	<p>...how to understand what the law is and why it exists.</p> <p>...how laws protect individual rights and promote social order.</p>

		maintains order, and outlines responsibilities.	<p>...the difference between criminal law and civil law in simple terms.</p> <p>...how the law sets guidelines for acceptable behaviour in society.</p> <p>...when and how to seek legal advice or support if their rights are not upheld.</p> <p>...the importance of respecting the law and understanding the consequences of breaking it.</p>
	Digital Rights & Responsibilities	To understand personal rights and responsibilities in the digital world, including online privacy, safety, and appropriate digital behaviour.	<p>... how to protect their personal information online, including using privacy settings, secure passwords, and recognising scams.</p> <p>... how their digital footprint can impact their future, including employment opportunities and personal reputation.</p> <p>... their rights regarding online safety and data protection, including laws such as the UK Data Protection Act and the right to be forgotten.</p> <p>... how to recognise and report online abuse or cyberbullying, including identifying support services.</p> <p>... how to engage responsibly online, including respecting others, avoiding misinformation, and understanding the consequences of digital actions.</p> <p>... how to identify and avoid online scams and fraud, including safe online shopping and spotting phishing attempts.</p>
	Consumer Rights & Responsibilities	To understand their rights and responsibilities as consumers, including making informed choices, understanding contracts, and seeking support when needed.	<p>... their rights when purchasing goods and services, including refunds, repairs, and replacements under consumer protection laws.</p> <p>... how to identify and understand contracts and terms and conditions, including recognising unfair terms.</p>

			<p>... how to make informed purchasing decisions, including comparing prices, checking reviews, and understanding advertising tactics.</p> <p>... where to seek help if they experience issues with a purchase, including consumer advice services like Citizens Advice and Trading Standards.</p> <p>... their responsibilities as consumers, including ethical shopping, fair trade, and sustainable choices.</p> <p>... how to recognise and avoid common consumer scams and fraudulent practices, including fake online shops and misleading offers.</p>
Time Management			
	Content Focus	Learning Intentions	By the end of the intended learning students will know....
Pathway 4	Understanding the importance of time management	To understand the importance of time management and how routines help structure daily activities, improve productivity, and support independence.	<p>...the value of managing time effectively and how it helps with daily tasks and long-term goals.</p> <p>...the impact of poor time management on personal well-being, stress, and productivity.</p> <p>...how to prioritise tasks to ensure important activities are completed first.</p> <p>...the role of routines in helping to structure their day and reduce decision-making fatigue.</p>
	Planning & Organising Daily Tasks	To learn how to plan and organise daily tasks effectively, ensuring responsibilities are managed efficiently and independently.	<p>...how to break down tasks into manageable steps and set achievable goals.</p> <p>...how to use calendars, planners, or digital tools to schedule tasks and appointments.</p> <p>...how to create a to-do list and prioritise tasks based on deadlines and importance.</p>

			...how to set realistic timeframes for completing different activities.
	Goal Setting	To develop the ability to set personal goals and create a plan for achieving them.	<p>...how to identify and set realistic and achievable personal goals.</p> <p>...how to break down larger goals into smaller, manageable tasks.</p> <p>...how to create an action plan with clear steps to achieve their goals.</p> <p>...the importance of tracking progress and making adjustments to their plans.</p> <p>...how to reflect on achievements and challenges to inform future goal-setting.</p>
	Meeting Deadline & time Constraints	To recognise the impact of time on tasks and develop the ability to meet deadlines and manage time constraints effectively.	<p>...how to estimate the time needed for different activities and set deadlines.</p> <p>...how to manage time effectively when faced with tight deadlines.</p> <p>...strategies for staying on track and avoiding procrastination.</p> <p>...the importance of communicating if a task cannot be completed on time and asking for help if needed.</p>
	Balance Time for Work & Leisure	To recognise the importance of balancing work and leisure time, including self-care, to maintain well-being and a healthy lifestyle.	<p>...the importance of balancing work, leisure, and self-care to maintain well-being.</p> <p>...how to schedule time for personal interests, relaxation, and social activities.</p> <p>...how to recognise signs of burnout and the need for rest or a change of pace.</p> <p>...how to make time for hobbies and activities that contribute to personal growth and enjoyment.</p>
	Evaluating & Reflecting on Time Management	To understand how to assess and reflect on their time management skills, identifying areas for	...how to reflect on how they spend their time and identify areas for improvement.

		improvement and making adjustments to enhance productivity and independence.	<p>...how to assess their time management strategies and make adjustments for better outcomes.</p> <p>...the benefits of keeping a time journal to track activities and habits.</p> <p>...how to celebrate progress and achievements related to better time management.</p>
	Managing Interruptions & Distractions	To understand how to manage interruptions and distractions effectively, enabling the completion of tasks efficiently and maintaining focus.	<p>...common distractions that can affect focus and how to minimise them.</p> <p>...how to create a distraction-free environment for work or study.</p> <p>...the importance of regular breaks to maintain focus and productivity</p> <p>...how to handle interruptions without losing track of important tasks.</p>
Shopping			
	Content Focus	Learning Intentions	By the end of the intended learning students will know...
Pathway 4	Exploring ethical shopping	Develop awareness of ethical shopping choices and their impact.	<p>...what fair trade is and why it is important.</p> <p>...what sustainable and environmentally friendly shopping means.</p> <p>...the benefits of buying local produce (e.g., supporting local farmers, reducing carbon footprint).</p> <p>...how to identify fair trade and sustainability labels on products.</p> <p>...how personal shopping choices can contribute to a more ethical and sustainable world.</p> <p>...the impact of large-scale food production on the environment.</p> <p>...how to make informed choices about shopping ethically based on their budget and values.</p>

	<p>Comparing weekly shopping vs. bulk buying and meal planning.</p>	<p>Understand the benefits and challenges of different shopping strategies, including weekly shopping, bulk buying, and meal planning.</p>	<p>...the difference between weekly shopping and bulk buying. ...when bulk buying is cost-effective and when it is not. ...how meal planning can help reduce waste and save money. ...how to plan meals based on a budget and available ingredients. ...how to store bulk-bought food safely to prevent waste. ...how to recognise store promotions and discounts that support cost-effective shopping.</p>
	<p>Understanding credit vs. debit, interest rates, and financial consequences.</p>	<p>Develop an understanding of different payment methods, the concept of borrowing money, and the financial consequences of using credit.</p>	<p>...the difference between a debit card and a credit card. ...how a debit card deducts money directly from a bank account. ...how a credit card allows borrowing and requires repayment. ...what interest rates are and how they affect borrowing. ...the risks of using credit irresponsibly (e.g., debt, additional charges). ...how to make informed decisions about payment methods when shopping.</p>
	<p>Analysing marketing tactics on labels</p>	<p>Develop an awareness of marketing strategies used on product labels and how they influence consumer choices.</p>	<p>...what marketing terms like "low fat," "organic," "natural," and "healthy choice" mean. ...how to check ingredient lists and nutritional information to verify claims. ...the difference between genuine savings and misleading bulk-buy offers. ...how pricing strategies like "family pack" or "buy one, get one free" impact spending.</p>

			<p>...the importance of comparing similar products for value and quality.</p> <p>...how branding and packaging design influence shopping decisions.</p>
Managing a large shop efficiently	Develop strategies for handling a larger shopping trip in an organised and efficient way.		<p>...how to plan by making a comprehensive shopping list.</p> <p>...how to organise shopping by sections to reduce time in the store.</p> <p>...the importance of setting a budget and tracking spending during a shop.</p> <p>...how to use a trolley efficiently for heavier or bulkier purchases.</p> <p>...how to pack shopping systematically for easier transportation and storage.</p> <p>...strategies for avoiding impulse buying and staying focused on planned purchases.</p>
Understanding taxes (VAT), loyalty schemes, and cashback benefits.	Develop an understanding of how taxes, store loyalty schemes, and cashback offers impact spending and savings.		<p>...what VAT (Value Added Tax) is and how it affects prices.</p> <p>...how to identify VAT on a receipt and understand when it applies.</p> <p>...how loyalty schemes work (e.g., earning points, redeeming rewards).</p> <p>...the benefits and limitations of using loyalty cards.</p> <p>...how cashback benefits work when using certain payment methods.</p> <p>...how to decide whether loyalty schemes or cashback offers provide good value</p>
Analysing impulse buying tactics	Develop awareness of marketing strategies used to encourage impulse buying and how to make mindful purchasing decisions.		<p>...how product placement influences shopping behaviour (e.g., sweets at checkouts, premium brands at eye level).</p> <p>...how promotions and limited time offers create urgency to buy.</p>

			<p>...how branding and packaging impact purchasing decisions.</p> <p>...how advertising techniques (e.g., celebrity endorsements, emotional messaging) affect consumer choices.</p> <p>...strategies to resist impulse buying and stick to a planned shopping list.</p>
	Understanding online shopping security, delivery fees, and return policies.	Develop an understanding of safe online shopping practices and associated costs.	<p>...how to identify secure payment methods and avoid scams.</p> <p>...how to check and compare delivery fees before purchasing.</p> <p>...how to understand return policies, refund processes, and exchange options.</p> <p>...the importance of keeping digital receipts and order confirmations.</p> <p>...how to contact customer service if an order is incorrect or delayed.</p>
	Evaluating the risks and benefits of store credit, interest rates, and managing debt.	Assess the financial impact of using store credit and how to manage it responsibly.	<p>...the benefits of store credit, such as spreading the cost of purchases and earning rewards.</p> <p>...the risks of using store credit, including high-interest rates, late fees, and potential debt.</p> <p>...how interest rates work and how they increase the total cost of a purchase over time.</p> <p>...how to calculate the cost of borrowing money using different interest rates.</p> <p>...the impact of missing payments on credit scores and financial well-being.</p> <p>...strategies to manage debt responsibly, including budgeting and setting up payment plans.</p>
	The role of food banks in tackling food insecurity.	Understand the role of food banks in addressing food insecurity and community support.	...the impact of food banks on alleviating hunger and providing nutritional support.

			<p>...how food banks are funded and supported by donations from individuals, businesses, and organisations.</p> <p>...the challenges faced by food banks, including supply shortages and demand spikes.</p> <p>...how food banks collaborate with other community services to support individuals in need.</p> <p>...the broader issue of food insecurity and how food banks help address this challenge in local communities.</p>
	Ethical consumerism and the impact of food waste on sustainability.	Understand ethical consumerism and the role of food waste in sustainability.	<p>...the concept of ethical consumerism and how it relates to purchasing decisions (e.g., buying local, organic, or sustainably produced food).</p> <p>...how food waste contributes to environmental issues such as climate change and resource depletion.</p> <p>...the importance of reducing food waste as part of sustainable living practices.</p> <p>...how making conscious food choices, like supporting food waste reduction initiatives, contributes to sustainability efforts.</p> <p>...the role of individuals in promoting sustainability through mindful consumption and waste reduction.</p>