

Life Essentials – Alderwood Academy

Engage Pathway

Life Essentials Curriculum Policy

The Life Essentials curriculum is a bespoke curriculum model that was written for the Raedwald Trust to support pupils/students to develop life skills that they might otherwise not have been taught at home or in school. This was particularly for those pupils/students that may be living with an increased level of independence and therefore may need support in areas such as food safety, first aid etc. The curriculum is organised by levels, from level 1 to level 3 so that the adult working with the pupil/student can pitch it appropriately to their identified gaps/needs and age/stage of education. If/when content arises within lessons that is sensitive, this is highlighted so that these areas can be carefully considered prior to delivery.

Within all lessons, it is clearly identified what pupils/students will be able to know/do by the end of the session, includes relevant resources, vocabulary, explanations that are concise and precise and clear adaptations and questions to support 1:1 delivery. If/when they have not secured this skill, these lessons can be re-visited.

Formative assessment will be completed on an ongoing basis to inform practice and to allow staff to plan subsequent opportunities to revisit knowledge and skills that are not secure. Often this will be re-visiting a particular, such as using a washing machine.

Curriculum:

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| Food storage L1 – L3 | Medical Help L1 – L3 | First Aid L1 – L3 | Hygiene L1 – L3 | Finance L1 – L3 |
| Bike Safety L1 – L3 | Bus Travel L1 – L3 | Cleaning L1 – L3 | Clothes Maintenance L1 – L3 | DIY L1 – L3 |
| Food Safety L1 – L3 | Gardening L1 | ICT L1 – L3 | Looking after your body L1 – L3 | Navigation L1 – L3 |
| Recycling L1 | Self-aid L1 – L3 | Train Travel L1 | Water Safety L1 – L3 | |