



Life Essentials Curriculum Overview – Alderwood Academy Engage Pathway

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

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Food Storage	Level 1	Know what causes food spoilage and what food storage instructions mean.
		Be able to identify high and low risk foods and how to store common foods correctly.
	Level 2	Know why food has a date on it and how to identify when a food has spoiled.
		Be able to interpret food date labelling and look for signs of food freshness.
	Level 3	Know how to sterilise a jar and how food can be preserved.
		Be able to sterilise a jar and make a fresh tomato sauce.
Medical Help	Level 1: Signs of Illness (First Aid)	Know the difference between a symptom and an illness, including common symptoms of illness.
		Be able to identify potential illnesses.
	Level 2: Where to go for help	Know the difference between major and minor illnesses and places to access help.
		Be able to assess your own illness and pick the right medical service for your needs.
	Level 3: Medicine	Know common medicines and their purpose and why you need to follow instructions.
		Be able to identify the correct medicine for illness and understand the dosing instructions.
First Aid	Level 1: Cuts, grazes, burns	Know how to identify wounds and how they can become infected.



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		Know how to identify different wounds and how to dress and clean them.	
	Level 2: Sprains, strains, breaks	Know the difference between a sprain and strain and what to do with a potentially broken bone. Be able to identify different injuries and take appropriate first aid actions.	
	Level 3: Infections, tattoos, self-harm	Know the causes and signs of infection and where to seek help. Be able to clean and sterilise equipment and dress/treat a wound.	
Hygiene	Level 1: Handwashing	Know why we wash our hands and how bacteria can spread. Be able to wash your hands correctly.	
		Level 2: Teeth brushing	
	Level 3: Shaving	Know why we have to brush our teeth. Be able to brush your teeth correctly.	
		Know how to avoid infections and reduce harm when shaving. Be able to shave your legs or face safely.	
	Finance	Level 1: Budgeting	Know the importance of budgeting Be able to complete a weekly budget plan.
			Level 2: Credit and Debit
		Know how to differentiate between credit and debit and understand the risks and benefits associated with each. Be able to apply knowledge to different financial situations.	

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	Level 3: Bank Account	Know basic banking terms and concepts and the difference between bank accounts. Be able to complete an online banking application or visit a bank and apply in person.	
Bike Safety	Level 1: Rules and signage	The basics of cycling safely on roads How to identify relevant signage	
		Identify risks for a cyclist in the local area	
	Level 2: Junctions and Hazards	Correct road position at junctions and other hazards Identify hazards at junctions and other sites	
		Level 3: Bike maintenance	Why keeping your safe is essential Areas that can go wrong on a bicycle How to pump up tires, repair small punctures and fix a slipped bike chain
	Bus Travel	Level 1: Take a bus ride	How to wait for a bus Bus etiquette Board and disembark a bus Use a bus stop correctly
			Level 2: Plan a bus journey
Level 3: Complete a bus journey			

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Cleaning	Level 1: General cleaning	Why cleaning is important for physical and mental health.
		Complete basic cleaning steps.
	Level 2: Cleaning a bathroom	Why the bathroom is an important area to clean.
		Complete basic cleaning of a bathroom.
	Level 3: Washing clothes	How to read a clothes label and wash clothes.
		Wash their own clothes by hand or using a machine.
Clothes maintenance	Level 1: Tying Shoe Laces	Know that tying shoelaces helps keep you safe.
		Be able to tie shoelaces.
	Level 2: Sewing on a button	Why it's useful to be able to fix clothes How to thread needles and sew on buttons What fast fashion is
		Use basic sewing skills to sew on a button
	Level 3: Clothes maintenance	Why it's useful to be able to fix clothes How to a fix rip in jeans
		Use basic sewing skills to mend a rip in jeans
DIY	Level 1: Replacing a lightbulb	The types of light bulbs.
		How to identify and replace a light bulb.
		Safely change a light bulb.
	Level 2: Unblocking a sink	Know how to prevent sinks from becoming blocked
		Unblock a sink
	Level 3: Paint an interior wall	The types of paint and their uses. Why you need to prepare a surface for painting.



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		Prepare and paint a wall.
Food safety	Level 1: Basics	How to reduce the risks when cooking food.
		Safely cook a noodle salad
	Level 2: Using the grill, oven and hob	How to reduce the risks when cooking food.
		Safely cook a savoury meal.
	Level 3: Cooking proteins safely	How to reduce the risk of food poisoning when cooking proteins.
		Safely cook protein.
Gardening	Level 1: Seeds	How to plant and care for seeds.
		What conditions are needed for plants to grow.
		Grow vegetables independently.
	Level 2	
	Level 3	
ICT	Level 1: Using word to write an informal letter	How to write an informal letter using word.
		Use word processing application to write a letter.
	Level 2: Using word to write a formal letter	How to write a formal letter using Word.
		Use a word processing application to write a formal job application letter.
	Level 3: Using word to write a CV	How to write a CV
		Use a word processing application to write a CV
Looking after your body	Level 1: Morning stretches	Why it is beneficial to stretch in the morning.
		Perform basic morning stretches.
	Level 2: Doodling	Benefits of doodling.



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		Complete a simple doodling exercise.
	Level 3: Yoga	The benefits of completing simple yoga. Complete basic yoga moves.
Navigation	Level 1: Using a map	How to orientate a map How to identify symbols on a map
		Find key local landmarks and transport links on a map Navigate from one place to another
	Level 2: Symbols and signs	Identify symbols on a map Identify road signs correctly Navigate safely following signage and a map
	Level 3: Using a compass	Identify the points on a compass Know how a compass works
		Use a compass to follow a map Describe a route using cardinal and intercardinal descriptions
Recycling	Level 1: Caring for the environment	Why we need to recycle more. Recycle household rubbish.
	Level 2:	
	Level 3:	
Self-aid	Level 1: First aid - signs of illness	The difference between a symptom and an illness The symptoms of common illnesses

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		Identify potential illnesses
	Level 2: Where to go for help	The difference between major and minor illnesses Places where you can access help
		Assess their own illness Pick the right medical service for their needs
	Level 3: Medicines	Common medicines and their purpose Why they need to follow instructions.
		Identify the correct medicine for common illness Understand the dosing instructions
Train travel	Level 1: Taking a train journey	How to plan a train journey Key features of a train station
		Board and disembark a train Use a train station correctly and safely
	Level 2: Plan a train journey	How to plan and book a train journey The different train ticket types
		Plan and book a train journey
	Level 3: Complete a rail journey	How to complete a train journey to a local landmark independently
		Complete a planned train journey
Water Safety	Level 1: Inland water	How to stay safe around inland bodies of water. The dangers associated with bodies of water.
		Identify possible hazards in different inland bodies of water.



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	Level 2: Coastal water	How to stay safe at coastal bodies of water. The possible dangers associated with bodies of water.
		Identify possible hazards in coastal bodies of water.
	Level 3: Currents and tides	How the tide works and its dangers. Different dangerous currents.
		Identify possible current and tide dangers on a beach.