

LIFE ESSENTIALS – PROGRAMME OF STUDY - KEY STAGE 3 & 4

Prior learning	The Life Essentials curriculum is a bespoke curriculum to support pupils/students to develop life skills that they might otherwise not have been taught at home or in school.		
	Travelling Independently	Living Independently	Being Healthy
Taught knowledge & skills	<ul style="list-style-type: none"> • Bike safety • Bus travel • Train travel • Navigation 	<ul style="list-style-type: none"> • Food storage • Food safety • Recycling • Gardening • Cleaning • Clothes maintenance • Finance • DIY 	<ul style="list-style-type: none"> • First-Aid • Hygiene • Looking after your body • Self-Aid
Subsequent learning	Pupils will build upon the skills and knowledge that they have learnt to support them with making a successful transition to adulthood.		