

Independent Living curriculum overview – LEARNING OBJECTIVES

AUTUMN 1 - Self-Awareness & Personal Skills	AUTUMN 2 – Daily Living Skills: Hygiene & Routine
How can I develop confidence, resilience, and independence to prepare effectively for adult life? Overall Learning Objectives: • Identify personal strengths, challenges, and goals for independent living. • Develop confidence and communication through group activities and reflection. • Set personal targets for independence and wellbeing. • Build resilience and self-esteem in preparation for adult life. How can I grow in confidence, independence, and readiness for adult life?	How can I maintain daily personal hygiene and self-care independently while knowing when to seek help? Overall Learning Objectives: • Develop personal hygiene routines and understand their importance. • Practice daily self-care activities independently and safely. • Follow visual or written schedules to build consistent habits. • Recognise when and how to seek help with personal care. How can I look after myself each day and know when to ask for help?
SPRING 1 – Cooking & Meal Preparation	SPRING 2 – Money & Budgeting: Basic Home Finance
How can I safely plan, prepare, and enjoy balanced meals while following instructions and practising healthy eating? Overall Learning Objectives: • Understand the basics of kitchen safety and hygiene. • Plan and prepare simple, balanced meals with support. • Follow visual recipes or step-by-step instructions. • Develop awareness of healthy eating and portion control.	How can I manage household money responsibly by budgeting, making purchases, and balancing saving and spending? Overall Learning Objectives: • Understand simple budgeting for the household: income versus expenses. • Practice using money in real or simulated shopping tasks for household purchases. • Develop awareness of saving, spending, and managing small amounts for the household responsibly.

SUMMER 1 – Household Skills & Organisation	SUMMER 2 – Health & Wellbeing: Introduction
How can I take responsibility for maintaining personal and shared spaces through cleaning, laundry, and daily household routines? Overall Learning Objectives: • Learn to clean, tidy, and maintain personal or shared spaces. • Practice laundry routines including sorting, washing, and folding. • Use checklists to manage daily or weekly household chores. • Develop a sense of responsibility and pride in personal space.	How can I maintain my physical and mental wellbeing through healthy routines, stress management, and knowing when to seek help? Overall Learning Objectives: • Understand basic health and fitness routines for wellbeing. • Develop awareness of mental health and emotional regulation. • Learn relaxation and mindfulness techniques to manage stress. • Recognise when to ask for help or access healthcare services.
AUTUMN 1 – Food & Nutrition: Balanced Diet	AUTUMN 2 – Health & Safety: Medical & Personal Safety
How can I make healthy food choices by planning, preparing, and evaluating balanced meals that support long-term wellbeing? Overall Learning Objectives: • Identify food groups and understand the principles of a balanced diet. • Plan simple weekly menus considering health and budget. • Prepare and evaluate healthy meals or snacks. • Recognise how food choices affect long-term health.	How can I stay safe and healthy by practising first aid, recognising hazards, and managing my personal and online safety independently? Overall Learning Objectives: • Understand basic first aid and when to seek medical assistance. • Recognise common safety hazards in the home and community. • Learn about personal safety in public and online. • Develop independence in managing appointments and medications.
SPRING 1 – Community & Social Skills: Travel & Participation	SPRING 2 – Communication & Relationships
How can I navigate my community confidently and safely, access key resources, and participate in activities while developing problem-solving skills? Overall Learning Objectives:	How can I build positive relationships by developing communication skills, respecting boundaries, and showing empathy and understanding of diversity? Overall Learning Objectives:

• Use public transport safely and confidently with support. • Identify key community resources such as shops, libraries, and GP surgeries. • Engage in community or volunteering activities to build confidence. • Develop problem-solving and decision-making skills in public settings.	• Recognise positive social interactions and boundaries. • Develop listening, turn-taking, and conversation skills. • Build friendships and appropriate workplace relationships. • Understand respect, empathy, and diversity in relationships.
SUMMER 1 – Employability Skills & Work Experience	SUMMER 2 – completion and presentation
How can I prepare for work by identifying my strengths, understanding workplace expectations, and developing CV and interview skills through practical experience? Overall Learning Objectives: • Identify personal strengths and interests related to employment. • Understand workplace expectations such as punctuality and teamwork. • Prepare a simple CV and practice interview skills. • Participate in a work experience placement or enterprise project	Overall Learning Objectives: • Review and reflect on personal progress across all independent living areas. • Compile ASDAN and UAS portfolios with evidence of achievement. • Present learning outcomes to staff, peers, or parents. • Set future goals for further independence and adult life.