Life Skills Learning Journey

The purpose of the Life Skills curriculum:

Conviction: To develop an understanding of the world so that we can navigate through it with confidence.

Ambition: To dream beyond our local areas and to explore the world!

Reflection: To understand the world and it's history so that I may reflect on my background and make sense of where I belong.

Determination: To develop a range of skills so that I may be the best version of myself.

	Autumn Term 1 : Zones of Regulation	Autumn Term 2 : Developing Independence	Spring Term: Financial Literacy	Summer Term: Community
Key Stage 3	Understand myself through: • Identifying my personal challenges • Setting targets to overcome my challenges • Develop empathy to consider how my emotions impact the environment around me • Begin to build strategies to support with self-regulation.	Develop my independence by: • Understanding how to be organized • Recognising the dangers in the home and learning how to keep myself safe • Knowing how to iron and sew • Understanding how to read timetables for public transport	Understand financial terminology by: • Understanding the value of money, how to manage and use money in an increasingly digital or cashless society and how to keep money safe • Recognise some of the financial risks of/in relation to gaming and gambling • Reflect on their own attitude to money and spending compared to others.	Understand the world around me by: • Understanding different communities within our local area • Understanding my roles and responsibilities within my communities • Positively engage within communities through oracy
Key Stage 4	Understand myself through: • Identifying my personal challenges and how to overcome these • Develop empathy to consider how my emotions impact the environment around me • Exploring emotions in a range of real-life experiences.	Develop my independence by: • Understanding how to be organized • Understanding electricity within the home • Knowing how to iron and sew • Understanding time management	Understand financial terminology by: • Discuss current accounts and the use of credit cards • Understand what is in a credit score: what is the difference between good and bad credit? • Understand how to seek help with financial difficulty.	Understand the world around me by: • Understanding my roles and responsibilities within my communities • Actively engaging within communities • Articulate myself in a range of situations within different communities