

Life

Skills

Overview



Key Stage 4



Half Term 1

Independent Living, Personal Safety, Road Safety & Travel
Goal setting, risk awareness, safe travel planning, decision-making.
Linking To: PSHE (Personal Safety), Geography (Maps & Travel), ICT (Travel Apps).



Half Term 2

Keeping Healthy, Personal Care, Leisure
Healthy lifestyle choices, hygiene routines, budgeting for leisure.
Linking To: Science (Health & Nutrition), PE (Exercise), Maths (Budgeting).



Half Term 3

Work Skills, Organisation & Learning Skills
CV writing, interview techniques, time management, planning. **Linking To:** English (Writing Skills), ICT (Digital CV), Maths (Scheduling).

Half Term 4

Motivation & Engagement, Routines & Expectations
Resilience, adaptability, understanding social norms.
Linking To: PSHE (Social Skills), Drama (Role-play), Citizenship (Community Expectations).



Half Term 5

Coping with Change & Transitions
Managing emotions, planning for transitions, problem-solving.
Linking To: PSHE (Mental Health), English (Reflective Writing).



Half Term 6

Special Interests & Problem Solving
Critical thinking, creativity, collaborative problem-solving.
Linking To: Art (Creative Projects), Maths (Logic & Puzzles), ICT (Research).