

Life and Living Long Term Plan

**Cycle A**

	Au1	Au2	Sp 1	Sp2	Su1	Su2
Y7/8 Cycle A	<b>Health and Hygiene (NB This is taught as part of the ILP carousel)</b> During this unit, students will develop their understanding of healthy eating, the importance of physical activity, maintaining good personal hygiene, sleep habits and supporting their own mental health.		<b>Health and Hygiene</b> During this unit, students will develop their understanding of healthy eating, the importance of physical activity, maintaining good personal hygiene, sleep habits and supporting their own mental health.		<b>Health and Hygiene</b> During this unit, students will develop their understanding of healthy eating, the importance of physical activity, maintaining good personal hygiene, sleep habits and supporting their own mental health.	
Y7/8 Cycle B	<b>Managing Own Routines (NB This is taught as part of ILP Carousel)</b> As part of this unit, students will develop independent living skills. They will learn how use different rooms safely and how to use simple household appliances.		<b>Managing Own Routines</b> As part of this unit, students will develop independent living skills. They will learn how use different rooms safely and how to use simple household appliances.		<b>Managing Own Routines</b> As part of this unit, students will develop independent living skills. They will learn how use different rooms safely and how to use simple household appliances.	
Y9	<b>Gardening</b> During this unit, students will learn how to identify and complete tasks that need doing in the	<b>First Aid</b> As part of this unit, students will learn how to assess a casualty and how to deliver CPR. They will learn	<b>Exploring Jobs</b> This unit is designed to support students identify different jobs and careers. They will think	<b>Going Shopping</b> Students will learn about different types of shops and how to prepare for a shopping trip.	<b>Leisure and Tourism</b> In this unit, students will consider what Bury St Edmunds has to offer	<b>Travel Training</b> As part of this unit, pupils will learn how to identify different types off crossings. They will develop

	garden. They will also develop their practical skills by planting bulbs and creating items that benefit wildlife.	about basic first aid scenarios such as choking, head injuries, asthma and bleeding.	about appropriate clothing for jobs and describe key elements of a job and have an understanding of how to apply for a job.	Ideally students will participate in a shopping trip.	tourists and how it appeals to different groups. Students will investigate food and drink options in the local area. Students will present their findings to each other.	their understanding of hazards and how to make choices that keep them safe. Ideally, students will plan and undertake a journey.
<b>NB Travel Training is delivered by an external provider and the order of units may be sequenced differently in order to accommodate the availability of the provider.</b>						
Y10/Y11 E2 Cycle A	Home Management DO9 Packaging and recycling	Arts and Crafts A5 Create an art or craft	World of Work N09 (Y10) Skills/qualities for work  World of Work Experience N6 (Y11) WEX placement	Personal Skills M18 Leisure	Personal Skills (M20) Working as Part of a Group.	Arts and Crafts A6 Displaying an art or craft product
To ensure there are sufficient resources this long-term plan needs using with the rotation document						
Y10/Y11 E2 Cycle B	World of Work N8 Health, Safety, Emergencies	Home Management D11 Cleaning	World of Work N09 (Y10) Skills/qualities for work  World of Work	Personal Skills M12 Landmarks, safety, unfamiliar places	Environment and Community C8 Local groups and communities	Personal Skills M15 Identify and Manage Emotions

			Experience N6 (Y11) WEX placement			
To ensure there are sufficient resources this long-term plan needs using with the rotation document						
Y10/Y11 E3 Cycle A	Arts and Crafts A8 Making an art or craft product	Personal Skills M26 Introduction to diversity	World of Work N16 (Y10 only) Skills, qualities, personal careers World of Work N13 (Y11 only) WEX Placement	Personal Skills Making the Most of Leisure Time M29	Personal Skills M34 Working as part of a group	Arts and crafts A9 Exhibiting an art or craft product
To ensure there are sufficient resources, this long-term plan needs using with the rotation document						
Y10/Y11 E3 Cycle B	Home Management D14 E3 When/what to clean with equipment/products	World of Work N12 H and S procedures Accidents and emergencies	World of Work N16 (Y10 only) Skills, qualities, personal careers World of Work N13 (Y11 only) WEX Placement	Environment and Community N16 Increase Community Involvement	Personal Skills M33 Research, plan, undertake a journey	Personal Skills M27 Healthy Living
To ensure there are sufficient resources, this long term plan needs using with the rotation document						
KS5 Green A	Gardening 3533	Home Safety 1033	Basic Sewing Skills 1123	Care of Pets 1322	WEX 2859	Enterprise Hive
KS5 Green B	WEX 1140	Personal Hygiene 1234	Going Shopping 1890	Recycling 5346	Road Safety 5354	Enterprise 1037 Hive

**Aspire** curriculum is a two-year cycle, allowing students to revisit and develop skills with independence. Each cycle is thoughtfully structured with objectives designed to make each revisit both purposeful and effective, enhancing the overall learning experience.

	<b>Home Management</b> D8 Food safety and storage	<b>World of Work</b> N6 Routine tasks	<b>Personal Skills</b> M10 Understanding routines
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<b>Aspire A/B</b>	D9 Recycling, managing waste D10 Following a simple recipe	N7 Getting ready to start work N8 Health and Safety at work	M11 Understanding interpersonal skills M12 Finding your way around an unfamiliar area
	<b>Home Management</b> D11 Understanding how to clean the home D13 Shopping for daily living D13 Cleaning, Washing, Drying and storing laundry	<b>World of Work</b> N9 Preparation for work N10 Rights and responsibilities at work N11 Developing job search skills	<b>Personal Skills</b> M18 Making the most of leisure time M19 Managing own money M20 Working as part of a group
<b>Additional units M13-17 students to complete at least one additional unit whilst with us.</b>			