



Inclusion is at the **heart** of our trust

Long Term/Curriculum Plan

School:

Crosshill School

Subject:

KS5 Discover - Independent Living

Curriculum Planning

at Oak Learning Partnership



Long Term Plans

(Year/Pathway Group Overviews)

- Curriculum content on what students will learn about the subject content and about the logical order for teaching the content.
- Clear five/three year progression through the curriculum, which includes: key topics, termly knowledge and skills.
- Each year group/pathway individually broken down with unit overviews.
- Details around prior learning required.
- Clear end points and assessment information.
- Adaptations and key concepts mapped out.



Medium Term Plans

(Unit of Work for Each Year Group/Pathway)

- Each unit broken down by individual lessons.
- Specific pedagogical choices detailed, with links to appropriate resources.



Phase Lesson Plans

Lesson by lesson planning, using all of the above to achieve curriculum aims, adapted for class needs.

Curriculum Leadership	Post 16 Lead – Kelly Smith
School Intent	<p>Upon entry to Crosshill School, students are assessed and placed within one of our three highly personalised pathways: Inspire, Explore and Discover. Within these pathways students needs are identified as formal, semi-formal and emergent learning styles. Each pathway has a bespoke curriculum and particular learning approach that enables all of our students to flourish. Throughout all pathways we build the curriculum around 6 main outcomes to ensure our students will:</p> <ul style="list-style-type: none"> • Know themselves • Possess functional skills • Be independent • Be good communicators • Be curious learners • Be prepared for adulthood <p>The outcomes above are personalised around the three identified pathways and leaders carefully craft personalised curriculum provision to meet the needs of the learners within the pathways. Students may transition into different pathways whilst they are at Crosshill. We recognise that as our young people develop and grow, so does their need for different skills, learning approaches and experiences. We are a responsive provision and review individual students' needs.</p>
Subject Intent	<p>This subject aims to help learners develop essential personal care and independent living skills needed for everyday life. Learners build confidence and knowledge in managing their own hygiene, grooming, and dressing routines, while understanding the importance of health and wellbeing.</p> <p>They also gain practical skills in household tasks such as meal preparation, laundry, and keeping their living spaces clean and organised. Through real-life activities and community visits, learners learn how to access support services and follow routines that promote independence.</p> <p>The focus is on empowering learners to take responsibility for their personal care and daily living, preparing them for greater independence and adulthood.</p>

ASDAN Towards Independence	Year 12 – Independent Living: Introduction <ul style="list-style-type: none">• Cleaning• Making breakfast• Using a washing machine• Using a tumble dryer• Making a packed Lunch	ASDAN Towards Independence	Year 13 – Personal care routines: Introduction <ul style="list-style-type: none">• Personal care• Getting ready for the day• Keeping your things in order• Getting help to make yourself look good• Using local services
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**Number of allocated hours – 1 x 45 minute sessions per week
One day a week alternate half terms at Height Nook**

		Year 12 – Independent Living	Year 13 – Personal care and routines
Autumn A	Topic: Cleaning	Topic: Personal care	Topic: Personal care
	Knowledge:	<ul style="list-style-type: none"> • Know what different cleaning products are used for (like polish, bleach, washing-up liquid) • Understand where and how to use each product safely • Know how to use a vacuum cleaner safely • Understand basic safety rules when using electricity (like not touching plugs with wet hands) • Know the steps to clean the toilet, bath/shower, and sink properly • Understand why it's important to keep the kitchen clean and tidy • Know how to change bedding and make a bed properly 	Knowledge: <ul style="list-style-type: none"> • Know what items can help you look smart and stay clean (e.g. shampoo, toothbrush, razor) • Understand why it's important to keep clean and tidy • Know how often personal care activities should be done • Be aware of how to follow a timetable for personal hygiene • Know how to reflect on personal routines—what you like or don't like
	Skills:	<ul style="list-style-type: none"> • Make a list or collect pictures of cleaning products and what they're used for • Talk about or show where you'd use each product in the home • Dust and polish furniture carefully • Use a vacuum cleaner safely • Clean the toilet, bath or shower, and sink • Sweep and mop the kitchen floor • Wipe kitchen counters and empty the bin • Change and make the bed with clean bedding 	Skills: <ul style="list-style-type: none"> • Show items you use for personal care (washing, teeth, hair, nails, etc.) • Take part in at least two personal care tasks (e.g. washing, brushing hair, shaving) • Follow a timetable for personal care activities • Keep a personal care diary for one week • Share what you enjoyed or didn't enjoy in your personal care routine
Autumn B	Topic: Making breakfast	Topic: Getting ready for the day	Topic: Getting ready for the day
	Knowledge:	<ul style="list-style-type: none"> • Know what you want to eat for breakfast • Understand which ingredients and utensils you'll need 	Knowledge: <ul style="list-style-type: none"> • Know how to choose clothes that are right for the weather or activity

	<ul style="list-style-type: none"> • Know how and when to wash your hands before handling food • Know how to safely use gas or electricity when cooking • Understand the importance of cleaning up after eating 	<ul style="list-style-type: none"> • Understand why it's helpful to follow advice from a familiar adult about what to wear • Know what else you might need to do to look tidy (e.g. ironing, brushing clothes, polishing shoes) • Know what extra items you might need to take with you (e.g. money, bag, phone, keys)
	Skills: <ul style="list-style-type: none"> • Choose what you want for breakfast • Check that you've got all the ingredients • Find and collect the utensils you need • Wash your hands properly • Make your breakfast (cold or hot) • Cook your food safely if it's a hot breakfast • Clear your plate, cup, and cutlery after eating • Wash up your breakfast things • Wipe down the work surface and leave it clean and tidy 	Skills: <ul style="list-style-type: none"> • Make a choice about what clothes to wear • Get your clothes ready for wearing • Do any extra tasks to make clothes look tidy (e.g. iron, brush, polish shoes) • Get yourself dressed and ready • Collect any other items you'll need for the day
Spring A	Topic: Using a washing machine, tumble dryer and ironing	Topic: Keeping your things in order
	Knowledge: <ul style="list-style-type: none"> • Know how to sort clothes into light and dark colours • Understand how to use washing powder or detergent correctly • Know how to choose the right setting on the washing machine • Understand how to use an airt, washing line, or tumble dryer • Know how to use a tumble dryer safely • Understand how to set the right time and temperature for drying clothes • Know it's important to fold and put clothes away properly 	Knowledge: <ul style="list-style-type: none"> • Know why it's important to keep clothes and personal care items clean, tidy and in good condition • Understand how to store clothes properly (e.g. folding, hanging, storing shoes neatly) • Know how to sort out clothes for laundry and recycling • Understand which items can be cleaned, repaired, or need to be thrown away
	Skills: <ul style="list-style-type: none"> • Collect dirty laundry and sort it into lights and darks 	Skills: <ul style="list-style-type: none"> • Fold and put clothes away in drawers

	<ul style="list-style-type: none"> • Load the washing machine with one bundle of clothes • Add the right amount of washing powder • Check the plug is in and switched on • Pick the correct setting and start the machine • When finished, take the clothes out • Put them on an airer, washing line, or into the tumble dryer • If using the dryer, load it safely and choose the right setting • When dry, fold the clothes and put them away • Get clothes ready for ironing 	<ul style="list-style-type: none"> • Hang clothes on hangers to stop creasing • Store shoes in the right place neatly • Keep personal care items tidy and in the right place (e.g. in the bathroom) • Put away cosmetics after using them • Sort out unwanted or worn-out clothes • Recycle or dispose of old clothes appropriately • Sort clothes for washing or ironing • Clean shoes and brush dirt or hair off clothes
Spring B	Topic: Making a packed lunch	Topic: Getting help to make yourself look good
	Knowledge: <ul style="list-style-type: none"> • Know which foods are suitable for a packed lunch • Understand how to plan a lunch and make a shopping list • Know why it's important to wash hands before preparing food • Understand how to use basic kitchen equipment safely • Know how to store and pack lunch items to keep them fresh • Know why it's important to clean up after preparing food 	Knowledge: <ul style="list-style-type: none"> • Know at least one place you can visit to help you look smart (e.g. barbers, nail bar, hair salon, beauty salon, spa, clothes shop) • Understand what that place does to help you with your appearance • Know what you might need to take with you (e.g. money, pictures of a style, appointment card) • Understand the steps or routine involved in making a visit • Know that it's okay to make choices and express if you liked your visit
	Skills: <ul style="list-style-type: none"> • Make a list or find pictures of packed lunch foods • Choose what to have for lunch • Write a shopping list of ingredients needed • Go shopping for any missing items • Decide when to start preparing lunch • Wash hands and collect the utensils needed • Make the packed lunch • Wrap or pack the lunch in a suitable container 	Skills: <ul style="list-style-type: none"> • Choose a place to visit that helps you look smart • Find out what the place offers (e.g. types of haircuts, clothes, treatments) • Make an appointment if needed • Get yourself ready for the visit (e.g. take money, bring photos, appointment card) • Greet or respond to new or familiar people politely • Take part in choosing what you want (e.g. haircut, clothes, shoes)

	<ul style="list-style-type: none"> Wash up, wipe down surfaces, and leave the area clean and tidy 	<ul style="list-style-type: none"> Work well with the people helping you Say or show if you liked your visit
Summer A	Topic: Cleaning	Topic: Using local services
	Knowledge: <ul style="list-style-type: none"> Know what different cleaning products are used for (like polish, bleach, washing-up liquid) Understand where and how to use each product safely Know how to use a vacuum cleaner safely Understand basic safety rules when using electricity (like not touching plugs with wet hands) Know the steps to clean the toilet, bath/shower, and sink properly Understand why it's important to keep the kitchen clean and tidy Know how to change bedding and make a bed properly 	Knowledge: <ul style="list-style-type: none"> Know at least two different places that help keep you healthy (e.g. doctors, dentist, hospital, therapist, chiropodist, opticians) Understand how each service can support your health and wellbeing Know what you might need to do to prepare for a visit (e.g. make an appointment, bring documents or money) Understand what might happen during and after a health-related appointment Know how to keep a record of appointments or follow-up actions
	Skills: <ul style="list-style-type: none"> Make a list or collect pictures of cleaning products and what they're used for Talk about or show where you'd use each product in the home Dust and polish furniture carefully Use a vacuum cleaner safely Clean the toilet, bath or shower, and sink Sweep and mop the kitchen floor Wipe kitchen counters and empty the bin Change and make the bed with clean bedding 	Skills: <ul style="list-style-type: none"> Choose one of the health services to use and plan a visit Make an appointment if required Get yourself ready for the visit (e.g. take any needed items) Wait calmly in the waiting room Greet and respond to new or familiar people appropriately Cooperate with the person helping or treating you (e.g. follow instructions, stay calm) Do anything needed after your appointment (e.g. collect a prescription or glasses, make a follow-up appointment) Keep a simple record of check-ups or appointments
Summer B	Topic: Community project - cleaning	Topic: Community project – care home
	Knowledge: <ul style="list-style-type: none"> Decide, plan and complete a project within the community 	Knowledge: <ul style="list-style-type: none"> Decide, plan and complete a project within a community care home Apply skills and knowledge of looking after themselves and others.

	<ul style="list-style-type: none"> • Apply skills and knowledge of cleaning and looking after clothes in unfamiliar settings • Reflect on own progress 	<ul style="list-style-type: none"> • Reflect on own progress
	<p>Skills:</p> <ul style="list-style-type: none"> • Participate in work experience placement linked to cleaning and looking after clothes • To be able to polish, Hoover, sweep and mop floors, clean bathrooms and kitchen areas effectively with support • Visit and use a laundrette 	<p>Skills:</p> <ul style="list-style-type: none"> • Visit a care home on a regular basis – play games, make drinks, singalongs

