

Phase overview Year 1 - Castledon Sixth Form College

| Year 1 | Autumn | Spring | Summer |
|---|--|---|--|
| Entry Level 1,2 and 3 – Qualification in Independent Living | <p>The suite of qualifications in independent Living has been designed to address the needs of learners working at Entry Level. The units are designed to provide a foundation for lifelong learning, focusing on transferable social and life skills which are essential for living and working in the community. The units will benefit learners who are beginning their journey towards independent living by raising awareness and developing skills around issues that they are likely to face. Learners are encouraged to develop their understanding in the following areas –</p> <ul style="list-style-type: none"> • Household skills • Personal Care • Personal Development • Accessing community facilities • Rights and Responsibility • Leisure activities. | | |
| | <p><u>Personal Hygiene</u> Students are encouraged to explore why it is important to have good personal hygiene and developing routines so they can improve their personal hygiene. Students will also be encouraged to identify different toiletry products which they can use to keep themselves clean and how to clean their clothes properly.</p> <p><u>Health and Fitness</u> Students will undertake a warm up, basic fitness tests and also choose the correct clothing needed to take part in exercise. Students will also be encouraged to discuss why it is important to keep fit and the benefits which they will get from carrying out exercise.</p> <p><u>Eating s balanced diet</u> Students will identify different food groups and discuss the importance of eating a healthy diet, They will also explore unhealthy foods and how this can affect the body. Preparing a healthy meal will also be explored during this unit.</p> <p><u>Alcohol and drug awareness</u> Students will discuss and identify the difference between legal and illegal drugs and why people may take them, as well as identifying the affects. They will also identify the difference between alcoholic and non-alcoholic drinks and how they might affect the body.</p> | <p><u>Basic cooking Techniques</u> Students will have an understanding about different cooking techniques and how different foods may take longer to cook depending on what is being cooked. They will also attempt to cook food and comment on the end results.</p> <p><u>Household Shopping</u> Students will visit local shops within the community and identify what they need to buy depending on the topic that they are covering. They will be encouraged to local the items, find out how much each item costs and pay for the items other the counter, ensuring that they have the correct change.</p> <p><u>Kitchen Hygiene</u> Students will be introduced to different kinds of cleaning products used to keep a kitchen clean and tidy. They will also be encouraged to identify different parts of a kitchen that may need more cleaning than others and explain why this may be the case.</p> <p><u>Making a simple meal</u> Students will be given the opportunity to prepare a simply meal which includes the following stages –</p> <ul style="list-style-type: none"> • Making sure that themselves and the environment is clean before use • Identifying ingredients and using kitchen utensils to create the meal. • Identifying any hazards with a kitchen. • Understanding safety rules within a kitchen. • Using a cooker and eating the meal. | <p><u>Accessing help services</u> Students will identify 2 different help services within the local community and say what these help services provide and also how they can access them. Visiting these local help services will also take place in this area of study.</p> <p><u>Environmental Issues</u> Students will visit different environments within the local community such as parks and the high-street. They will look at different negative environmental issues and how they can help to solve them.</p> <p><u>Getting about safely</u> Students will identify different risks when walking in public as well as making sure they are aware of different road signs so that they are safe. They will also look at ways to safely evacuate a building if there is an emergency.</p> <p><u>Knowing your local area</u> Students will identify different community groups within the local community and say why it is important to have a strong local community. Students will be taken to visit local groups and have a positive input within these groups.</p> |
| Suite of Mathematics and English – EL1, EL2, EL3 | <p><u>English</u> – Lessons will be taught within the independent living frame work as set out above. Mandatory units are -</p> <ul style="list-style-type: none"> • Reading – for purpose and meaning • Reading – for information • Writing – to communicate | | |

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- Writing – using basic punctuation and spelling
- Speaking, Listening and communication – Listen and respond
- Speaking, Listening and communication – Speak to communicate

Maths – As with English, Maths will also be delivered through the independent living frame work as set out above. Mandatory units are –

- Understanding and using mathematical information.
- Calculate and manipulate mathematical information
- Interpret results and communicate mathematical information