



Independent Living Skills Curriculum Plan Overview

Year 7B

Term	Topic	Key Words	Learning	How can parents' best support
Autumn 1 Topic: Local Community	Personal hygiene	personal hygiene safety deodorant soap germs puberty	<i>Students will learn that ...</i> <ul style="list-style-type: none"> • it is important to keep our bodies healthy and hygienic <i>Students will learn how to...</i> <ul style="list-style-type: none"> • identify and use a range of toiletries • Students will learn how to sequence a personal hygiene routine 	Please support independence at home by encouraging independence with washing
Assessment:	Independent Living Skills Tracker			
Autumn 2 Topic: Changes and Transformations	Dressing Eating and drinking	food nutrition cutlery etiquette social appropriateness fine motor skills independence	<i>Students will learn that ...</i> <ul style="list-style-type: none"> • there are social rules when eating and drinking • we can make proactive decisions about clothing we choose and dress appropriately for the season/weather/occasion <i>Students will learn how to...</i>	Please communicate with school any personal targets you would like us to work on in school e.g. dressing or eating/drinking Please encourage independence at home e.g. encourage them to cut food on

			<ul style="list-style-type: none"> • choose appropriate clothing for weather and seasons and occasion • Take care of own belongings when dressing including turning clothes the right way from being inside out • fasten buttons, zips, tie laces involving advanced fine motor skill techniques • follow rules in social situations e.g. cutlery placement, social etiquette when sharing a meal and setting a table. 	their plate, set the table, organise outfits and belongings for school
Assessment:	Independent Living Skills Tracker			
Spring 1 Topic: Charity	safety in the home domestic living skills		•	
Assessment:	Independent Living Skills Tracker			
Spring 2 Topic: Significant people and events in history	food prep		•	
Assessment:	Independent Living Skills Tracker			
Summer 1 Topic: My World	eating and drinking shopping and money			
Assessment:	Independent Living Skills Tracker			
Summer 2	travelling and road safety		•	

Topic: sustainability				
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