

Preparing for Adulthood Curriculum – Doubletrees School

Preparing for Adulthood – Community Inclusion

Participating in Society is maximised through the delivery of the following curriculum

Preparing for Adulthood – Core Skills

English

Comprehension

Notes
Postcards
Emails
Messages
Instructions
Adverts

Signs
Lists
Recipes
Recounts
Invitations
Blogs

Written communication

Notes
Postcards
Emails
Messages
Instructions
Adverts

Signs
Lists
Recipes
Recounts
Invitations
Blogs

Verbal & alternative communication

Expressing my needs
Making suggestions
Expressing my ideas
Passing on messages

Giving directions
Asking for information
Agreeing & disagreeing

Spelling, punctuation and grammar

Reading for Pleasure

Maths

Number

Whole numbers
Calculations
Fractions, decimals and percentages

Measure and Geometry

Weight, volume and temperature
Positional language and direction
Money
Time

Data Handling

Extracting information
Making comparisons
Sorting and classifying
Organising and representing

Preparing for Adulthood – Independent Living and Life Skills

Looking after myself

Getting dressed

Looking after the home

Cleaning the Kitchen

Food and drinks

Preparing food & drinks

Travel independence

Using familiar transport

Using local services

The supermarket

Personal care

Using equipment safely

Making drinks & snacks

Using public transport

The library

Mental health

Laundry skills

Preparing cooked meals

Keeping safe in the community

The park

Healthy eating

Organising the home

Food safety & hygiene

The leisure centre

Fitness

Paying bills

Cooking for other people

The cafe

Where to get help

The beach

Preparing for Adulthood – Health, Wellbeing and Relationships

Personal, Social and Health Education & Relationship and Sex Education

Autumn 1

Autumn 2

Spring 1

Spring 2

Summer 1

Summer 2

The World I live in

The World I live in

Self-awareness

Healthy lifestyles

The World I live in

The World I live in

Diversity: rights & responsibilities

Managing online information

Managing pressure

Medicinal drugs
Drugs, alcohol & tobacco

Preparing for adulthood

Managing Finances

Self-Awareness

Self-Care, Support & Safety

Managing Feelings

Changing & Growing

Changing & Growing

Changing & Growing

Personal strengths
Skills for learning

Keeping safe online
Feeling frightened & worried

Strong feelings
Romantic feelings and sexual attraction

Healthy and unhealthy relationship behaviour

Intimate relationships, consent and contraception

Long term relationships /parenthood

Healthy Lifestyles

Healthy Lifestyles

The World I Live In

NSPCC/Responsive RSE

Managing Feelings

Self-Care, Support & Safety

Mental wellbeing

Elements of a Healthy Lifestyle

Taking care of the environment

NSPCC Speak Out/Stay Safe
Responsive RSE (L2L/B2L)

Self-esteem & unkind comments

Public and Private

Physical Education

Autumn 1

Autumn 2

Spring 1

Spring 2

Summer 1

Summer 2

Real PE
Personal

Real PE
Social

Real PE
Applying Physical

Real PE
Cognitive

Real PE
Creative

Real PE
Health and Fitness

Take responsibility for my own learning

Lead others

Apply my skills consistently

Analyse performance

Variety and disguise

Plan my own fitness

Explore a range of sport
Yoga

Explore a range of sport
Football

Explore a range of sport
Basketball

Explore a range of sport
Dance

Explore a range of sport
Cricket

Explore a range of Sport
Athletics

Sports and my body

Developing my skills

Teamwork

Sports and my body

Developing my skills

Teamwork

Religious Education

Autumn

Spring

Summer

Preparing for Adulthood Curriculum – Doubletrees School

Worship and Festivals	World Religion	The Numinous Sense	Worship and Festivals	World Religion	The Numinous Sense
Preparing for Adulthood: Work Related Learning					
World of work	Pathways to work	Enterprise	Health and Safety	Preparing for Work	Work Experience
Responsibility and me	My interests & aspirations	Setting up & running a business	Safety Signs	Self-organisation & management	Active Citizenship
Jobs & roles that interest me	Getting advice about work	Marketing and selling	Looking the part	My CV & job applications	Internal work experience
Jobs in my community		How a business’ make money	Handling equipment	Finding work that suits me	External work experience
Volunteering		Working as a team	Keeping everyone safe	Searching for work	My world of work
Personal Development Projects					
Recycling and Creativity Sparkle and Shine: Christmas Market Community visit: Suez recycling centre / St Blazey Recycle, Reuse, Resale		Horticulture Bloomin Marvellous: Art Exhibition Community visit: Eden Project / Heligan		Environment In the News: Sports Day Community visit: Par beach	