

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		Written communication		Verbal & alternative communication	
Notes Postcards Emails Messages Instructions Adverts	Signs Lists Recipes Recounts Invitations Blogs	Notes Postcards Emails Messages Instructions Adverts	Signs Lists Recipes Recounts Invitations Blogs	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		Measure and Geometry		Data Handling	
Whole numbers Calculations Fractions, decimals and percentages		Weight, volume and temperature Positional language and direction Money Time		Extracting information Making comparisons Sorting and classifying Organising and representing	
Preparing for Adulthood – Independent Living and Life Skills					
Looking after myself	Looking after the home	Food and drinks	Travel independence	Using local services	
Getting dressed	Cleaning the Kitchen	Preparing food & drinks	Using familiar transport	The supermarket	
Personal care Mental health	Using equipment safely	Making drinks & snacks	Using public transport	The library	
	Laundry skills	Preparing cooked meals	Keeping safe in the community	The park	
Healthy eating Fitness Where to get help	Organising the home	Food safety & hygiene		The leisure centre	
	Paying bills	Cooking for other people		The cafe	
					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 / Garden Centre		Horticulture Bloomin Marvellous: Art Exhibition Community visit: Eden Project / Heligan		Environment In the News: Sports Day Community visit: Beach / Park / Pond	