

# Maplewell Hall School

## Independent Living 2024-2025

### Exam Board:

ASDAN Life Skills Challenge - [ASDAN Website | Home](#)

*‘ASDAN is an education charity and awarding organisation providing courses, accredited curriculum programmes and regulated qualifications to engage, elevate and empower learners’.*

### Course Overview:

The main focus for Independent Living at Maplewell Hall School is to learn, develop, strengthen and apply the skills and knowledge around Independency and self-awareness. Students will have the opportunity to delve into a variety of areas, covering many aspects of Independent Living such as travel training, community inclusion, personal hygiene and good health, careers, employment, work experience, PSHE, housing, independent living and citizenship. Learners will be offered the chance to develop their skills through various practical activities, trips and visits to develop and widen their understanding.

The curriculum has been designed to focus on areas which adhere to the needs of students, allowing each student to progress in their understanding of Independent Living at a pace which best suits them. The pathway for each year group has been designed to learn specific skills and knowledge that students can apply to real life settings. Although the curriculum has been streamlined, this may differ from year to year as we build the curriculum to the cohort of students.

## **Grading:**

Learners will be able to develop their knowledge through a variety of increasing levels and challenges, ensuring suitability for all learners → WTE1 (working towards entry 1), Entry 1, Entry 2, Entry 3, Level 1, Level 2, Level 3.

## **Assessment:**

- Independent Living is 100% coursework / portfolio work (Photographic evidence for practical / hands on experience\_
- Record of Oral Questioning
- Observation Checklist

Students will also be assessed at the end of each unit on content taught throughout that topic. This will take place in the form of a knowledge check / plenary questions.

## **Curriculum Map:**

The curriculum is planned so that every student is able to build and develop their skills. Each year, students will learn and develop new skills to support their self-awareness and independence. Please see below for the curriculum map for main site and post-16.

<b>YEAR 10 Main site</b>	<b>Autumn 1 8 weeks</b>	<b>Autumn 2 7 weeks</b>	<b>Spring 1 6 weeks</b>	<b>Spring 2 6 weeks</b>	<b>Summer 1 3 weeks</b>	<b>Summer 2 5 weeks</b>
<b>Unit name →</b> <b>Challenge ref</b> <b>Level</b> <b>Learning Hours</b>	1. Keeping safe online 5473 - (E2) <b>10NLH</b> 2. Healthy eating 1024 - (E2) <b>10NLH</b> 3. Understanding own personal hygiene 1026 - (E2) <b>10NLH</b> 4. Doing own laundry 1247 - (E2) <b>10NLH</b> 5. Making a medical appointment using a telephone 1576 - (E2) <b>10NLH</b>	1. Planning and running a mini enterprise project 1756 - (E2) <b>20NLH</b> 2. PSHE through Literature 1718 - (E2) <b>20NLH</b> 3. Hygiene in the kitchen 3753 - (E2) <b>10NLH</b>	1. Awareness of health services 1572 - (E2) <b>10NLH</b> 2. Cleaning own home 1021 - (E2) <b>10NLH</b> 3. Basic first aid 2253 - (E2) <b>10NLH</b>	1. Exploring relationships and sexuality 3645 - (E2) <b>30NLH</b> 2. World news 2325 - (E2) <b>10NLH</b>	1. Mental health and wellbeing 2956 - (E2) <b>30NLH</b>	1. Going out for something to eat in the community 3004 - (E2) <b>10NLH</b> 2. Finding out about jobs and careers 2771 - (E2) <b>10NLH</b>
<b>Assessment</b>	- Record of oral questioning - Observations - Photographic evidence - Portfolio - Group work - Discussion - Research	- Record of oral questioning - Observations - Photographic evidence - Portfolio - Group work - Discussion - Research	- Record of oral questioning - Observations - Photographic evidence - Portfolio - Group work - Discussion - Research	- Record of oral questioning - Observations - Photographic evidence - Portfolio - Group work - Discussion - Research	- Record of oral questioning - Observations - Photographic evidence - Portfolio - Group work - Discussion - Research	- Record of oral questioning - Observations - Photographic evidence - Portfolio - Group work - Discussion - Research
<b>Cross curricular opportunities and extracurricular opportunities</b>	<ul style="list-style-type: none"> <li>● Shopping trip</li> <li>● Kitchen access</li> <li>● Cooking</li> </ul>	<ul style="list-style-type: none"> <li>● Advertising</li> <li>● Market research</li> </ul>	<ul style="list-style-type: none"> <li>● GP / NHS</li> <li>● First aid training</li> </ul>	<ul style="list-style-type: none"> <li>● Midwife visit</li> <li>● Radiology (ultrasound)</li> <li>● World news (BBC)</li> </ul>	<ul style="list-style-type: none"> <li>● Guest therapist</li> </ul>	<ul style="list-style-type: none"> <li>● Careers fair</li> <li>● College visits</li> <li>● Annual review</li> <li>● CV/application writing</li> </ul>
<b>Literacy / numeracy skills</b>	Counting, weighing, literacy	Counting, measurements, reading, comprehension, literacy	Reading and comprehension	Measurements, weight, length, literacy	Literacy, reading and comprehension	Literacy, counting, money
<b>Subject cross curricular</b>	Mathematics, H&Sc, food technology, PE, ICT, English	Mathematics, DT, art, ICT, English	P4A, English, H&Sc, science	Science, P4A, IMedia, history, geography, beliefs and ethics	P4A, English, H&Sc, science	P4A, English,
<b>Core skills</b>	Problem solving, calculations, finances, money handling, culinary skills, personal development, technology	Teamwork, money handling, finances, communication, social interactions, customer service, community inclusion	Safety knowledge, teamwork, communication, social inclusion, health and safety	Health and wellbeing, communication, community inclusion, social interaction	Teamwork, discussions, problem solving, social interactions, personal development, community inclusion, listening, communication	Progression goals, high aspirations, travelling, planning routes, social interaction
<b>Career links</b>	Hospitality, catering, 111 advisor	Employment	Health care assistant, health care provider, first aider / trainer	Midwife, nurse, health care assistance, sonographer, presenter, hospitality, catering	Mental health worker, support worker, carer	Employment, college progression

<b>YEAR 11 Main site</b>	<b>Autumn 1 8 weeks</b>	<b>Autumn 2 7 weeks</b>	<b>Spring 1 6 weeks</b>	<b>Spring 2 6 weeks</b>	<b>Summer 1 3 weeks</b>	<b>Summer 2 5 weeks</b>
<b>Unit name →</b> <b>Challenge ref</b> <b>Level</b> <b>Learning Hours</b>	1. Personal centred planning: Target setting 1284 - (E2) <b>10NLH</b> 2. Personal safety when going out 1025 - (E2) <b>10NLH</b> 3. Shopping in a supermarket 1023 - (E2) <b>10NLH</b> 4. Using technology to communicate with others 1079 - (E2) <b>10NLH</b> 5. Personal budgeting 5949 - (E3) <b>10NLH</b>	1. Staying safe on the internet 1182 - (E3) <b>10NLH</b> 2. Social opportunities in the community 1181 - (E2) <b>10NLH</b> 3. Introducing British Values 2744 - (E3) <b>20NLH</b>	1. Filling in a form 3734 - (Entry 3) <b>10NLH</b> 2. Interview preparation 4877 - (E2) <b>10NLH</b> 3. Safeguarding: Sexting - Understanding the risks 1396 - (L1) <b>10NLH</b>	1. Alcohol: Use and abuse 1155 - (E3) <b>10NLH</b> 2. Writing a CV 8085 - (E2) <b>10NLH</b>	1. Practical banking skills 1862 - (Entry 3) <b>10NLH</b> 2. Using a bus 1193 - (E2) <b>10NLH</b>	1. Going out in the community 1816 - (E2) <b>20NLH</b>
<b>Assessment</b>	- Record of oral questioning - Observations - Photographic evidence - Portfolio - Group work - Discussion - Research	- Record of oral questioning - Observations - Photographic evidence - Portfolio - Group work - Discussion - Research	- Record of oral questioning - Observations - Photographic evidence - Portfolio - Group work - Discussion - Research	- Record of oral questioning - Observations - Photographic evidence - Portfolio - Group work - Discussion - Research	- Record of oral questioning - Observations - Photographic evidence - Portfolio - Group work - Discussion - Research	- Record of oral questioning - Observations - Photographic evidence - Portfolio - Group work - Discussion - Research
<b>Cross curricular opportunities and extracurricular opportunities</b>	<ul style="list-style-type: none"> <li>● Reviewing bank statements/receipts</li> <li>● Annual review</li> <li>● EHCP targets</li> </ul>	<ul style="list-style-type: none"> <li>● Community inclusion</li> <li>● Law/democracy</li> <li>● Voting</li> </ul>	<ul style="list-style-type: none"> <li>● CV writing</li> <li>● College/job applications</li> <li>● Careers</li> </ul>	<ul style="list-style-type: none"> <li>● Hygiene</li> <li>● Reading / spellings</li> </ul>	<ul style="list-style-type: none"> <li>● Transport/leisure</li> </ul>	<ul style="list-style-type: none"> <li>● EHCP targets/review</li> </ul>
<b>Literacy / numeracy skills</b>	Counting, data collecting, tables and charts, money handling	Literacy, communication	Literacy, measurements	Measurements, English, writing, spelling	Money handling, time, reading and comprehension	Reading, counting
<b>Subject cross curricular</b>	Mathematics, P4A, food technology, ICT, English, EHCP, annual reviews	ICT, English, beliefs and ethics, history	Science, English	Science, P4A, English	Mathematics, English	P4A, maths, English
<b>Core skills</b>	Money management, finances, budgeting, comparisons, communication, problem solving, health and wellbeing	ICT, problem solving, communication, social inclusion, debating	Speaking and listening, high aspiration	Teamwork, health and wellbeing, listening, communication, problem solving, gross motor skills	Map reading, money management, communication, listening, health and wellbeing	Community inclusion, high aspirations, progression goals, self-development
<b>Career links</b>	Employment, financial advisor, banker, sales assistant receptionist, PA	Community support worker, community events coordinator	College, employment, nurse, midwife, nursery assistant	Nursery assistant, nurse	Bus driver	College, employment

<b>L4L Main site</b>	<b>Autumn 1</b> 8 weeks	<b>Autumn 2</b> 7 weeks	<b>Spring 1</b> 6 weeks	<b>Spring 2</b> 6 weeks	<b>Summer 1</b> 3 weeks	<b>Summer 2</b> 5 weeks
<b>Unit name →</b> <b>Challenge ref</b> <b>Level</b> <b>Learning Hours</b>	. Developing a healthy lifestyle 7078 - (WTE1) <b>30NLH</b> . Understanding personal hygiene 5271 - (WTE1) <b>10NLH</b> . Introduction to developing awareness of the emergency services 7420 - (WTE1) <b>20NLH</b>	. Character development 1448 - (WTE1) <b>10 NLH</b> . Develop attention, communication and social interaction skills 3637 - (WTE1) <b>20 NLH</b> . Personal centred planning: Target setting 1284 - (E2) <b>10NLH</b>	. Using transport 1237 - (WTE1) <b>10NLH</b> . Doing my laundry 1229 (WTE1) <b>10NLH</b> . Basic first aid 1767 - (WTE1) <b>10 NLH</b>	. Dressing myself 1233 (WTE1) <b>10 NLH</b> . Going for something to eat in the community 1187 - (WTE1) <b>10NLH</b> . Mental health and wellbeing 6667 - (E1) <b>10NLH</b>	1. Exploring careers and Enterprise 7085 - (WTE1) <b>30NLH</b>	. Dealing with problems 1051 (WTE1) - <b>10NLH</b> . Exploring relationships 1896 - (WTE1) <b>20NLH</b>  <i>Optional unit:</i> 1. Relationships: Public and Private 4324 - (WTE1) <b>10NLH</b>
<b>Assessment</b>	Record of oral questioning Observations Photographic evidence Portfolio Group work Discussion Research	Record of oral questioning Observations Photographic evidence Portfolio Group work Discussion Research	Record of oral questioning Observations Photographic evidence Portfolio Group work Discussion Research	Record of oral questioning Observations Photographic evidence Portfolio Group work Discussion Research	Record of oral questioning Observations Photographic evidence Portfolio Group work Discussion Research	Record of oral questioning Observations Photographic evidence Portfolio Group work Discussion Research
<b>Cross curricular opportunities and extracurricular opportunities</b>	<ul style="list-style-type: none"> <li>• Cooking</li> <li>• Hygiene</li> <li>• EHCP targets/review</li> </ul>	<ul style="list-style-type: none"> <li>• College/job applications</li> <li>• Careers</li> <li>• Community inclusion</li> </ul>	<ul style="list-style-type: none"> <li>• Transport</li> </ul>	<ul style="list-style-type: none"> <li>• Community awareness</li> </ul>	<ul style="list-style-type: none"> <li>• Health and safety</li> <li>• Cleaning</li> </ul>	<ul style="list-style-type: none"> <li>• Everyday life problems</li> <li>• LGBTQ+</li> </ul>
<b>Literacy / numeracy skills</b>	Measurements, literacy	Literacy, money, calculations, counting, understanding of values	Reading time, temperature, reading	Finances, money handling	Literacy, measurements	English
<b>Subject cross curricular</b>	Science, PE, English, mathematics, cooking, P4A	P4A, mathematics, English	P4A, English, science,	P4A, cooking, science, mathematics	Science, mathematics, English	P4A, science
<b>Core skills</b>	Problem solving, measurements, health and wellbeing, personal development	Problem solving, measurements, personal development, wellbeing	Independent living, problem solving, health, personal development	Problem solving, communication, money handling, social development, mental wellbeing	Problem solving, independent living, personal development, social inclusion, wellbeing	Problem solving, personal development, British values, health and wellbeing
<b>Career links</b>	Nutritionist, health advisor, carer, support worker	Employment, college	Bus driver, cleaner, hospitality, first aid trainer, first aider	Employment, college	Cleaner	Employment, college

Post-16	Autumn 1 8 weeks	Autumn 2 7 weeks	Spring 1 6 weeks	Spring 2 6 weeks	Summer 1 3 weeks	Summer 2 5 weeks
<b>Unit name →</b> <b>Challenge ref</b> <b>Level</b> <b>Learning Hours</b>	1. Personal Hygiene 3771 - (E3) <b>10NLH</b> 2. Cleaning the home 1700 - (L1) <b>20NLH</b> 3. Doing own Laundry 1183 - (E3) <b>10NLH</b>	1. Completing a bank account application 3742 - (E2) <b>10NLH</b> 2. Travelling in the community 2923 - (E2) <b>20NLH</b>  <i>Optional unit:</i> 1. Safe sex and Relationships 7276 - (E3) <b>30NLH</b>	1. Exploring Job opportunities 2673 - (E3) <b>30NLH</b> 2. Writing a personal statement 4351 - (E1) <b>10NLH</b>	1. Preparation for work 2677 - (E3) <b>30NLH</b> 2. Understanding consent 6722 - (E1) <b>30NLH</b>	1. Household health, safety and security 1705 - (L1) <b>20NLH</b> 2. Making an appointment in person 1575 - (E2) <b>10NLH</b>	1. Basic First Aid 6339 - (E3) <b>20NLH</b> 2. Managing own medication 3700 - (L2) <b>20NLH</b> 3. Understanding debit cards and credit cards 6837 - (L2) <b>20NLH</b>
<b>Assessment</b>	Record of oral questioning Observations Photographic evidence Portfolio Group work Discussion Research	Record of oral questioning Observations Photographic evidence Portfolio Group work Discussion Research	Record of oral questioning Observations Photographic evidence Portfolio Group work Discussion Research	Record of oral questioning Observations Photographic evidence Portfolio Group work Discussion Research	Record of oral questioning Observations Photographic evidence Portfolio Group work Discussion Research	Record of oral questioning Observations Photographic evidence Portfolio Group work Discussion Research
<b>Cross curricular opportunities and extracurricular opportunities</b>	Hazard symbols Risk assessments Pharmacy	COMPASS guest speakers Bank visit	Careers fair Work experience	Careers fair Work experience	Hazard symbols Risk assessments	Risk assessments First aid
<b>Literacy / numeracy skills</b>	Reading, measurements, dates, doses, time, conversions	Mathematics, English	Times, dates	English	Time, date, conversions, costs	Time, date, doses, counting, numeracy
<b>Subject cross curricular</b>	Science, maths, P4A, health and social care	Science, P4A, mathematics, English	P4A, science, English	Mathematics English, science, P4A, ICT, sports, food technology, DT	Science, maths, P4A, health and social care, English, art, design and technology, ICT	Science, maths, English, P4A
<b>Core skills</b>	Problem solving, thinking, communicating, listening, reading and comprehension	Problem solving, thinking, communicating, listening, reading	Communication, problem solving, thinking, speaking and listening, personal development	Communication, problem solving, thinking, speaking and listening	Problem solving, thinking, communicating, listening, reading and comprehension	Listening, reading, speaking, communication, problem solving, personal development, community inclusion
<b>Career links</b>	Cleaner, pharmacy assistant	Nursery, carer, banking	Receptionist, college, employment	Employment, college	Electrician, plumber,	Pharmacy assistant, nurse

Post-16 L4L	Autumn 1 8 weeks	Autumn 2 7 weeks	Spring 1 6 weeks	Spring 2 6 weeks	Summer 1 3 weeks	Summer 2 5 weeks
<b>Unit name →</b> <b>Challenge ref</b> <b>Level</b> <b>Learning Hours</b>	<ol style="list-style-type: none"> <li>Understanding own personal hygiene 1939 - (E1) <b>20NLH</b></li> <li>Doing own laundry 2303 - (E1) <b>10NLH</b></li> <li>Cooking using different methods 5575 - (E1) <b>10NLH</b></li> <li>Going on a trip out in the community 1192 - (E1) <b>10NLH</b></li> </ol>	<ol style="list-style-type: none"> <li>Using public transport 4918 - (E1) <b>10NLH</b></li> <li>Healthy eating 3199 - (E1) <b>10NLH</b></li> <li>Frequent and regular physical activity for health, fitness and wellbeing 5547 - (E1) <b>10NLH</b></li> <li>Budgeting my money 1969 - (E1) <b>10NLH</b></li> </ol>	<ol style="list-style-type: none"> <li>Caring for a baby 1168 - (E1) <b>10NLH</b></li> <li>DIY and home renovations 6945 - (1) <b>10NLH</b></li> <li>Use household products to clean the home with support 5111 - (E1) <b>10NLH</b></li> </ol>	<ol style="list-style-type: none"> <li>Using technology in the home and community to support independence 1914 - (E1) <b>30NLH</b></li> <li>Personal awareness 2374 - (E1) <b>10NLH</b></li> </ol>	<ol style="list-style-type: none"> <li>Exploring relationships 1896 - (WTE1) <b>20NLH</b></li> <li>Relationships: Public and Private 4324 - (WTE1) <b>10NLH</b></li> </ol>	<ol style="list-style-type: none"> <li>Dealing with a fire in your home 1255 - (E1) <b>10NLH</b></li> <li>Using medical services 1569 - (E1) <b>10NLH</b></li> </ol>
<b>Assessment</b>	Record of oral questioning Observations Photographic evidence Portfolio Group work Discussion Research	Record of oral questioning Observations Photographic evidence Portfolio Group work Discussion Research	Record of oral questioning Observations Photographic evidence Portfolio Group work Discussion Research	Record of oral questioning Observations Photographic evidence Portfolio Group work Discussion Research	Record of oral questioning Observations Photographic evidence Portfolio Group work Discussion Research	Record of oral questioning Observations Photographic evidence Portfolio Group work Discussion Research
<b>Cross curricular opportunities and extracurricular opportunities</b>	<ul style="list-style-type: none"> <li>Supermarket shop</li> <li>Transport</li> <li>Community inclusion</li> <li>Wider community involvement</li> </ul>	<ul style="list-style-type: none"> <li>Health and safety</li> <li>Hazard symbols</li> <li>Gym visit/access</li> <li>Budgeting</li> </ul>	<ul style="list-style-type: none"> <li>Midwife guest</li> <li>Managing dolls</li> <li>Health and safety</li> </ul>	<ul style="list-style-type: none"> <li>Safety in the community</li> <li>Emergency services</li> </ul>	<ul style="list-style-type: none"> <li>Body world trip (London)</li> <li>Dissections</li> </ul>	<ul style="list-style-type: none"> <li>First aid</li> <li>Fire service visit/guest</li> <li>Medical service guest</li> <li>Health and safety</li> </ul>
<b>Literacy / numeracy skills</b>	Counting, handling money, reading recipes, measuring, reading and comprehension	Literacy, reading and comprehension, weights, conversions, mass, time, money, budgeting	Months, temperatures, length, times, reading and comprehension, money management	Reading and comprehension	Literacy, reading and comprehension	Time, counting, numeracy, English
<b>Subject cross curricular</b>	P4A, science, health and social care, food technology	Science, food technology, mathematics, English, PE	Science, P4A, health and social care, DT, art, construction	P4A, English, art	Science, PE, health and social care	P4A, science, health and social care, maths
<b>Core skills</b>	Problem solving, communication, handling money, community inclusion	Community inclusion, money handling, communication, self-development, problem solving, health and safety	Problem solving, health and wellbeing, social interaction, community inclusion, teamwork, listening and speaking	Community inclusion, communication, wider community learning	Problem solving, health and wellbeing	Listening, reading, speaking, communication, problem solving, personal development, community inclusion
<b>Career links</b>	Carer, support worker, care assistant, cleaner, hospitality, catering	Bus conductor, bus driver, hospitality, catering, gym instructor, personal trainer	Midwife, nurse, healthcare assistant, nursery assistant, DIY trade, cleaner	Employment, college	Nutritionist, carer, nurse, support worker	111 operator, paramedic, first aider, nurse, care assistant