

Key skills for sixth from curriculum

Travel	Money	Food Preparation	Communication	Personal Care
Preparing to go out <ul style="list-style-type: none"> • Checking weather • Have you got your personal possessions? 	Banking <ul style="list-style-type: none"> • Savings – what? why? • Bank account – what is it? opening • Where? • Why? • Bank cards, PIN numbers, ATMs • Who do you speak to? 	Healthy and unhealthy choices <ul style="list-style-type: none"> • To know about portion size • Is able to show portion control • Is able to make healthy choices • To know why a balanced diet is important • Is able to show what a balanced diet looks like • Can show appropriate choices at different meal times e.g. not eating ice cream for breakfast 	Speaking <ul style="list-style-type: none"> • Using gestures / vocalisations / body language / speech / symbols / signing etc. • Turn-taking (2-way conversation) • Express needs/wants • Respond to questions • Ask questions 	Getting Dressed <ul style="list-style-type: none"> • Appropriate clothing • Putting clothes on the right way round • Putting clothes on in the correct order • Putting a bra on • Fastenings • Knowing left/right • Putting shoes on correct feet • Shoe laces
Security <ul style="list-style-type: none"> • Locking door • Letting people know: Where are you going? When will you be back? 	Using Money <ul style="list-style-type: none"> • Process of shopping • Shopping online • Travel – buses, trains etc • Getting the most out of their money – eg comparing same product in two shops • Being realistic (as to what they can afford) 	Crockery and cutlery <ul style="list-style-type: none"> • Knows where to locate and store items • Can safely stack items in the cupboard • Can make appropriate choices for needs e.g. doesn't choose a fork to eat soup • Knows how to set a table • Knows the importance of properly cleaning crockery and cutlery items 	Conversations <ul style="list-style-type: none"> • Talking with familiar adults • Talking with unfamiliar adults • Talking with peers • Out in the community • Speaking on the phone 	Keeping myself clean <ul style="list-style-type: none"> • Brush hair • Wash hair • Brush teeth • Run a bath • Wash in a bath • Shower • Wash in a sink • Hand washing • Using soap/water • Sanitary products • Using a toilet
Walking skills <ul style="list-style-type: none"> • Being fit • Following directions 	Earning Money <ul style="list-style-type: none"> • How? Jobs • The exchange of work for money • Other sources eg benefits, birthdays 	Shopping <ul style="list-style-type: none"> • Can write and follow a shopping list • Can check what items they already have to see what is needed 	Listening <ul style="list-style-type: none"> • Recognition of sounds • Follow instructions with 1,2,3,4 key words • Respond to whole class instructions 	Keeping my home clean <ul style="list-style-type: none"> • Sweeping • Mopping • Hoovering • Washing up

		<ul style="list-style-type: none"> • Has a knowledge of quantity needed dependent on activity • Knows what type of shops contain what type of stock • Shows the different ways of being able to shop e.g. physically going, online shopping • Can plan a trips to different shops/supermarkets • Can show how they will get to a shop • Can show how they can shop online, understands they have to wait for the delivery so they need to order in advance 	<ul style="list-style-type: none"> • Respond to individual instructions 	<ul style="list-style-type: none"> • Bins • Knowing what items belong in each room • Using products safely (COSHH)
Wheelchair user <ul style="list-style-type: none"> • Offering directions • Speed push at 	Bills <ul style="list-style-type: none"> • What must you spend money? Food, water, electricity etc • How? Phone, paypoints, post offices etc • What can you spend it on? 	Unpacking shopping <ul style="list-style-type: none"> • Knows which foods go in a cupboard • Knows which foods go in a freezer • Knows which foods go in a fridge • Knows which foods are to be stored in containers e.g.pasta • Safely stack items in a cupboard 	Writing <ul style="list-style-type: none"> • Mark making • Signing name • Filling in forms • Agreement by signing 	Keeping my clothes clean <ul style="list-style-type: none"> • Knowing the difference between dirty/clean • Putting dirty clothes into a wash basket • Using a washing machine • Drying clothes • Matching socks • Hanging clothes up • Ironing • Folding clothes
Time <ul style="list-style-type: none"> • Sequencing journeys 	Keeping Money Safe <ul style="list-style-type: none"> • Purse/wallet • In a bag • Remember it! • Keep it to yourself 	Where to find food <ul style="list-style-type: none"> • Can identify what type of shop stocks what type of food e.g bakery stocks bread, green grocer's stock fruit and veg etc 	Reading <ul style="list-style-type: none"> • Recognising name • Reading Symbols • Reading words 	Knowing who looks after me <ul style="list-style-type: none"> • Family • School • Dr • Nurse • Hospital

	<ul style="list-style-type: none"> Who do you give it to? eg cashier 	<ul style="list-style-type: none"> Can identify the allotment as a source of fruit, veg, herbs etc Can identify places in the community to buy ready-made food e.g. Greggs, McDonalds, Co-op, Café etc 	<ul style="list-style-type: none"> Recognising key signs in the community Recognising environmental signs Recognising shop signs 	<ul style="list-style-type: none"> Dentist Optician Respite carers
Road safety <ul style="list-style-type: none"> Road crossing skills Traffic awareness Curbs and assessment 	Who can help? <ul style="list-style-type: none"> Family Support workers Citizens Advice Bureau Store assistants 	Kitchen Health and Safety <ul style="list-style-type: none"> Can identify the dangers of mixing water and electricity and can act appropriately to present danger Knows the dangers of sharp knives and can handle, use and store appropriately Can identify the dangers of tripping or getting caught in wires from electrical objects Can identify hazardous substances in a kitchen e.g. washing up liquid, bleach etc Can identify the dangers around ovens, especially gas hobs and the risk of fire or burning themselves and knows what to do in that situation Knows how to appropriately dispose of any waste food Knows what to do in the event of a broken glass, cup, plate etc Can identify the dangers of a kettle and can 	Using ICT, including e-safety <ul style="list-style-type: none"> Using a phone Using a mobile Using the internet Sending / receiving emails Online forums 	My appearance <ul style="list-style-type: none"> Shopping for clothes Going to the hairdressers Going to a beauty salon Clothes for different occasions / activities Appropriate clothing Make-up

		<p>demonstrate appropriate use</p> <ul style="list-style-type: none"> • Can identify the dangers of liquid on the floor, and shows appropriate use of a wet floor sign • Can actively act upon and dangers in a kitchen e.g. clean up spillages, Hoover, sweep or mop as needed • Has knowledge of importance of cleanliness and how to minimise pest/rodent problems 		
<p>Keeping your possessions safe</p> <ul style="list-style-type: none"> • Stranger danger • How to store them • What to do if something is lost 	<p>Budgets</p>	<p>Food Hygiene</p> <ul style="list-style-type: none"> • Has a basic understanding of food hygiene • Can wash hands before food preparation or consumption • Can wipe down surfaces before starting food prep • Can use a chopping board when cutting food • Can identify what food items need to be washed before consuming • Knowledge of the need to wear aprons, hair nets, gloves when preparing food for others • Has knowledge of why there are chopping boards in different colours • Shows knowledge of food storage 		<p>Keeping warm, dry, cool etc</p> <ul style="list-style-type: none"> • Sun cream • Taking layers off when hot • Putting on more clothes when cold • Changing clothes when wet • Putting heating on

		<ul style="list-style-type: none"> • Knows how to check a best before/use by date • Has knowledge of cleanliness around shared food items e.g. don't lick a knife and put it back in the butter 		
Catching public transport <ul style="list-style-type: none"> • Waiting • Reading timetables • Getting on and off safely • Paying • Recognising landmarks • What to do when things go wrong 		Food Packaging <ul style="list-style-type: none"> • Can locate the best before/use by date • Can locate and follow the cooking instructions • Can locate the nutritional information • Can check for allergens • Can check if it is suitable for vegetarians • Can dispose of packaging appropriately and recycle if possible 		Sex and Relationships Education <ul style="list-style-type: none"> • Managing monthly cycle • Public / Private locations • Public / Private body parts • Public / Private activities • Appropriate touch • Saying no • Relationships
Catching a bus <ul style="list-style-type: none"> • Recognition of bus and bus number • Queuing • Flagging bus down 		Food preparation <ul style="list-style-type: none"> • Can find recipes from book and/or the internet • Can follow a recipe • Can identify what pieces of equipment they will need e.g. blender • Can locate and use equipment for food item • Can follow cooking instructions to make sure it is cooked properly • Can maintain good food hygiene practises throughout 		Keeping myself healthy <ul style="list-style-type: none"> • Exercise • Healthy eating • Mental health • Expressing ourselves • Feelings • Regulating our emotions

<p>Catching a train</p> <ul style="list-style-type: none"> • Special assistance 		<p>Can plan a meal</p> <ul style="list-style-type: none"> • Can check how many people will be eating • Can check if they need any special dietary requirements e.g. Halal, allergies etc • Can make a list of ingredients needed • Can order or purchase items to have them in time to prep • Can plan in what order to cook the food to make sure it is ready at the same time 		<p>Keeping safe</p> <ul style="list-style-type: none"> • What to do when you're: <ul style="list-style-type: none"> Lost Sad Scared Ill etc • E-safety • Drugs • Alcohol • Smoking • Stranger Danger
<p>By bike</p> <ul style="list-style-type: none"> • Cycle skills • Cycle maintenance 		<p>Serving food</p> <ul style="list-style-type: none"> • Can use correct crockery and cutlery to serve food • Knows to place food onto plate or bowl after cooking • Knows a table needs setting when having guests • Can take orders when serving larger groups 		
<p>Where I live</p> <ul style="list-style-type: none"> • Personal Address • Where is the nearest bus stop? 		<p>Equipment and Appliances</p> <ul style="list-style-type: none"> • Can use a microwave • Can use a blender • Can use a cheese grater • Can use a washing machine • Can use a wide range of equipment and appliances • Knows what to do when a machine is broke • Knows what shops stock electrical appliances 		

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| | | <ul style="list-style-type: none">• Knows where to buy replacement equipment | | |
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