

Independent Living Skills—Topic Overview

Post 16

YEAR 1	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 1	SUMMER 1	SUMMER 2
TOPIC	Household Management Cleaning	Community Skills Shopping	ITT Road Safety	Household Management Laundry Skills	Community Skills Health Services	Meal Plan/Prep Food Hygiene

YEAR 2	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 1	SUMMER 1	SUMMER 2
TOPIC	Household Management Waste Management / Recycling	Community Skills Public Services	ITT Using Public Transport	Household Management Domestic Appliances	Community Skills Banking /Financial Services	Meal Plan /Prep Healthy Diet

YEAR 3	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 1	SUMMER 1	SUMMER 2
TOPIC	Household Management Basic DIY	Community Skills Leisure Services	ITT Planning A Journey	Household Management Home Safety	Community Skills Eating Out	Meal Plan /Prep Snacks /Packed Lunches