**Monday**

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| **SESSION 1** | **SESSION 2** |
| **Preparation for adulthood**Learning outcomes * NYCC Preparing for adulthood

*1.11 I know how to cross the road safely and understand stranger danger.** ASDAN accreditation

*Identify some of the risks that they might face when out and about* | **Environmental awareness**Learning outcomes* ASDAN accreditation

*Demonstrate an awareness of how the actions of humans affect the environment.* |
| Objective: Identify risksRisks are an everyday part of life We have to take risks to take on new challenges and try new things. Sometimes it’s great to take a risk and step outside of your comfort zone; it’s one way we learn.1. Read through the risks PowerPoint in your resources.
2. Now, work through the would you risk it cards in your resources. Record your answers on the recording sheet in your resources.
 | Objective: Know your bins and recycling1. How many bins are there at your house? Do you know what to put in each bin?
2. What do you think happens to the items you put in your recycling bin? Watch the video and make notes about what happens. <https://www.recyclenow.com/recycling-knowledge/how-is-it-recycled/recycling-centre>
3. A lot of waste goes into what is called **landfill.** Can you think of 3 reasons why this is not a good idea?
4. What can you do to reduce landfill?
5. Make a poster showing why recycling waste and reducing landfill is important.
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**Tuesday**

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| **SESSION 1** | **SESSION 2** |
| **Functional Maths and English**Learning outcomes * NCFE accreditation
 | **Personal Safety in the home and community**Learning outcomes * ASDAN accreditation

*Be able to demonstrate ways to keep themselves safe when in the home* |
| **Maths**1. Addition- can you add numbers up to 99?
2. Complete the activity sheet adding numbers up to 99. Try it without the calculator first then used a calculator on the second lot.

**English****Theme: After school treat****Objective: Clearly express straightforward information and communicate feelings and opinions**1. Begin by making a mind map of all of the different after school activities that you can think of. Then highlight the ones that you do at home in one colour, and the ones you go to somewhere else to do in another.
2. Now look at three leisure venues online - identify key information about what the leisure type is, what activities are available there, opening times, costs and contact details e.g. phone number and address. Make notes on each of these things.
3. Explain to somebody at home which leisure facility looks the best and why you would like to use it. Give two different reasons for wanting to visit. Ask whether the person you are telling has any questions about the leisure facility and try to answer them.
 | Objective: Demonstrate keeping safe using different household appliances.A household appliance is something that helps us do a particular job around the home such as cooking and cleaning.1. Have a look around your home. Create a list of all the different household appliances you have at home. How often are these used? Record how often each one is used; daily, weekly, monthly.
2. Using the household appliances document in your resources, first take a photo of you using each of the appliances. You may need to add other household appliances you have in your home.
3. Think about how you would use each household appliances. Write a brief guide on how to use each of the appliance safely including key things that you would do and not do when using each one.
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**Wednesday**

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| **SESSION 1** | **SESSION 2** |
| **Preparation for work**Learning outcomes * ASDAN accreditation

*Provide key personal information needed to apply for such a job role* | **Physical activity** Learning outcomes linked to:* I Can Lead Award
* Duke of Edinburgh Award
* ASDAN accreditation

*Participate in an activity to contribute to a healthy lifestyle* |
| Objective: Create a CVA CV is a paper copy of you … it’s just another way to introduce yourself. Think of it like an advert – you’re selling yourself to the person you send your CV to. Employers look at your CV to see what experience you have and match that experience with the job on offer. You can tailor your CV to suit different job applications – but **ALWAYS** tell the truth! 1. Use the CV draft template in your resources to create a rough copy of your CV. You may want to use the following guidance questions.
* What is your education history?
* What are your hobbies or interests?
* What work experience have you had? This could be paid, unpaid, community or volunteering work you may have done.
* What are your strengths? Why should they employ you?
* What are your achievements?
* Who would be able to give you a good reference?
1. Using the CV template in your resources or a template of your choice on Microsoft Word, create a final copy of your CV.
 | Objective: To plan a sports session and to be active for 30 minutes1. Complete these stretches [**https://www.youtube.com/watch?v=QjnVl1jNmp4**](https://www.youtube.com/watch?v=QjnVl1jNmp4)
2. Using the warm up you created last term, we are going to add some main activities. If you have not completed this, create a fun warm up activity you could teach as part of sports leaders. Record each step of the warm up activity through pictures or writing it down.
3. Create 2 tasks each lasting 5 minutes that you could do in a sports session; this could be football skills or hula hooping you decide! Write them down or take pictures.
4. Continue with your plan of daily physical activity from last week. Make sure you record this on your activity log.
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**Thursday**

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| **SESSION 1** | **SESSION 2** |
| **Shop Cook Eat** Learning outcomes:* NYCC Preparing for adulthood

*1.09 I can cook a small meal and tidy up after myself.** ASDAN accreditation

*Demonstrate safe practices when carrying out simple household activities* | **Digital Literacy**Learning outcomes:* NYCC Preparing for adulthood

*1.15 I can socialise with my friends in a safe way*NCFE accreditation |
| Objective: to create a basic meal following instructions, selecting the correct equipment 1. Continue to develop your independence skills in the kitchen. Choose from the following:
	* Jacket potato with filling
	* Toasted sandwich <https://www.youtube.com/watch?v=3UGAuWI9oNY>
	* Scrambled eggs <https://www.youtube.com/watch?v=qhVXpyEhLRA>
2. Write a list of ingredients and what equipment you may need. Think about the health and safety rules when cooking. What should you do before you begin?
 | Objective: To review computer skills1. Complete this assessment of your ICT skills: <https://assessment.digitalliteracyassessment.org/basic-computer-skills-1>
2. Print or save a copy of your results. Is there anything you were unsure or needed help with?

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**Friday**

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| **SESSION 1** | **SESSION 2** |
| **Making the Most of Leisure Time**Learning outcomes:* NYCC Preparing for adulthood

*1.13 I can make sensible decisions around my spare time myself.** ASDAN accreditation

*Demonstrate an awareness of how they make use of their own leisure time* | **Headspace and mindfulness**Learning outcomes* ASDAN accreditation

*Identify some short-term goals they would like to work towards**Participate in an activity to contribute to a healthy lifestyle* |
| Objective: Identify local leisure facilities1. Look in the dictionary and write down the meaning of the word **facility.**
2. Write down at least 3 places where you can find information about local leisure facilities.
3. Make a spidergram about local leisure facilities in your area using the template in your resources that you would like to visit when coronavirus restrictions are eased. Include at least 3 facilities that are free of charge.
4. Choose one of the local leisure facilities and produce a leaflet containing information about this facility. Make sure you include the following:
* Name of the leisure facility
* The address and contact number if it has one
* Opening times
* What you can do there
* The benefits of this facility to you (exercise, social) and why you would like to visit
* Costs of using this facility
 | Objective: To reflect on weekly and journal activities1. Review your daily ten-minute journal you have completed this week.

What has gone well? Have you found anything difficult this week? If so, what can you do to help with managing that difficulty next week?1. Review what you have been doing towards your goals you set up for New Years.

Have you achieved this yet?What do you need to do next week to work towards this?1. Take the opportunity to do some mindfulness meditation. [**https://www.youtube.com/watch?v=ZToicYcHIOU**](https://www.youtube.com/watch?v=ZToicYcHIOU)
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