**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**Show how they would keep themselves safe if they were faced with a risky situation* | **Environmental awareness**Learning outcomes* ASDAN accreditation

*Demonstrate an awareness of how the actions of humans affect the environment.* |
| Objective: To know how to cross the road safely when out in the local communityCrossing roads is something we to do when out and about, and it is important to think about the risks involved and know how to cross safely.1. There are different types of road crossings that can help you cross the road safely. Can you name some?

Watch the video from a driver’s perspective that explains some of the different road crossings. <https://www.youtube.com/watch?v=wIEAa8LCq2A>Can you think of where you have used each of the different types?1. If you can go for a walk as part of your daily exercise, try using different crossings and take photos of you crossing the road safely.
2. Sometimes, there is no road crossing to help. What would you do? How would you cross the road safely?
3. Make a road safety poster and stick it in the window of your house – you could do this on a computer or draw it or cut out pictures from magazines.
 | Objective: Research a local project which helps reduce food wasteLast week, you looked at food waste and ways you can help reduce food waste at home. We will now explore projects in the wider community that help to reduce food waste.1. Have a look at the website for The Real Junk Food Project <https://trjfp.com/> and answer the following questions.
* When did the project first start?
* How much surplus food have they stopped from becoming waste?
* What do they do with the surplus food they receive? (Have a look on the activities section for more information)
* Why is important that surplus food is stopped from becoming waste?
1. Now, see if you can find any other projects in the local area that help reduce food waste. Write your answers down.
2. Create a summary leaflet about food waste and how it affects the environment and what people can do to help.
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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* |
| **Theme: Cinema****Maths** – Objective: Multiply whole numbers in the range 0x0 to 12x12 (times tables)1. Open Shelby Shoes PowerPoint in your resources. Work through each example. Did you count each shoe, or did you count in 2s, or did you multiply by 2?
2. Review your knowledge of your timetable. Are you confident with any other numbers?

<https://www.timestables.com/>1. Choose a friend who you want to go the cinema with. Tickets costs £12 each. What is the total cost? Popcorn cost £5 each. How much altogether? Can you work out the cost of a cinema trip for your family?

**English -** Objective: Communicate information using words and phrases appropriate to audience and purpose1. Recap compound sentences and adjectives from last week – can you remember what they are? Look at the worksheets you did to help you.
2. See example film review and look at compund sentences, adjectives, one word sentences and use of punctuation. Label these features within the example.
3. Watch a favourite film and think about your favourite scene. Describe it to somebody in detail or storyboard the scene – try to divide it into 6 parts, focussing closely on describing what happened.
4. 4. Write your own film review of your favourite part of a film. Try to include the features of a successful film review – taking account of spellings, adjectives, compound sentences and punctuation.
5. Share your work – can somebody at home spot the techniques that you have tried to include?
 | Objective: To explore and develop strategies for different issues that you may have at home with waterWe are going to look at different scenarios of things that might happen at home with water. Read through the scenarios and have a look at some of the resources with each to help you decide what to do in each situation. Make a note of your answers.1. The water in your tap has started to run a different colour than normal. What would you do?

<https://www.yorkshirewater.com/discolouredwater/>1. You have run a bath in the evening. Before you get in, you notice that the water is steaming. What should you do?

You decide to put your arm straight in the water. Your arm is now red and feels sore. What should you do?<https://www.sja.org.uk/get-advice/first-aid-lesson-plans/burns-and-scalds-lesson-plan/>1. There is a leak from one of the taps in the bathroom. You tried to turn it off at the tap, but the water will not stop leaking. What would you do?

<https://www.propertymark.co.uk/advice-and-guides/moving-home/watersafe/> |

**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: Continue work on interview protocolsLast week you thought about how you would present yourself for an interview and role played an interview.1. Read through your interview reflection sheet where you decided what went well and what needed improving. If you have not done this, look back to week 3 and complete the tasks first.
2. Choose one of the points from your interview that needed improving. Focus on this point and develop a plan on what you can do to help you improve this in an interview. For example, if the person found it difficult to hear what you were saying, you might take some time to practice saying your answers with a louder, clearer voice.
3. Redo your interview. How did it go this time? Complete a second reflection on what went well and what needed improving. Did you improve on your first interview? What
 | Objective: Understand the importance of using motivation in a sports session 1. Complete these stretches <https://www.youtube.com/watch?v=QjnVl1jNmp4>
2. Think about different motivational methods you might use when leading a sports sessions. Make a note of these. Answer the following questions.
* Why is important to encourage participants?
* How do you feel when you are praised by other people during sports sessions?
* What are your favourite ‘praise’ phases?
1. So far, you have planned a warm up and two activities lasting 5 minutes that you can do in a sports session. Spend some time leading these sessions with someone at home. Make a note of what motivation skills you’ve used throughout.
2. 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. This week, the focus is **pasta**. Do you have any favourite meals that involve pasta?
2. Pasta is a great ingredient to use as the base of a meal. Search for a recipe and choose one to try today. Change4life and BBC Good Food have some great ideas.
3. Write a list of ingredients and use check the prices for each. Can you work out how much this meal will cost to make?
4. What equipment will you need? Think about the health and safety rules when cooking. What should you do before you begin?
5. Prepare and make your meal. Ask yourself the following questions to review, reflect and rate your meal. Write down your answers.
* Did you try something new?
* Out of 5, rate your meal. Did you enjoy it?
* Did your meal include something that supports a healthy and balanced diet?
* What could you do to improve next time?
 | Objective: Create an information page about sixth form using Microsoft Word1. Find the Springwater School website on the internet. What information is there available about Sixth Form?
2. Open a new word document and start creating an information page about Sixth Form using what you have found on the school website. First, copy a picture of the school logo into your document. Is there any other information you think needs to be added? Add this to your page.
3. Make sure your information is presented in a table or bullet points.
4. Add photographs.
5. Personalise your word document changing the font and colours, using different orientation and borders.
6. Can you create something similar using Microsoft PowerPoint?
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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 different genres of TV programmes and Films1. Do you like watching television or films? What do you like watching? Complete the TV and film worksheet in your resources.
2. Before they closed, how often would you go to the cinema?
3. Plan a family film night.
	* What would you watch?

Create a film time idea jar to help choose a film to watch together (Template in your resources)* + What snacks would you eat?

Check out this website for some good ideas or create your own. <https://www.bbcgoodfood.com/howto/guide/family-film-night>1. When you’ve had your film night, record what you liked or did not like about the activity in your leisure log.
 | 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>
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