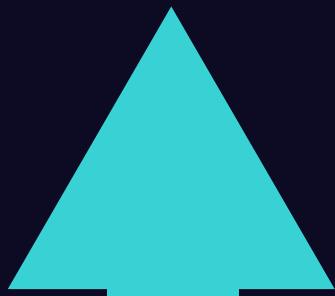


Learner Journey: Life Skills



The Life Skills Journey at Dawn House School...

Good Personal Hygiene

First Aid Knowledge

Financial Understanding

Ability to Live Independently

Ability to Cook Own Meals

Beyond Dawn House School

Personal Development Opportunities:

Cooking	Teamwork	ZOR	First Aid	Swimming
Shopping	eSafety	Money	Home Management	Biking

KS5

Topics: Teamwork, First Aid, Swimming, Money, Home Management, Travel, Shopping, Careers, Friendships, Safety

- Maintaining hygiene routines independently.
- Understanding the characteristics of healthy and unhealthy relationships.
- Understanding sexual health and contraception.
- Learning about savings, investments, and the impact of credit and debt.
- Setting personal goals.
- Exploring different career paths and understanding skills/qualifications required.
- Understanding the importance of a balanced diet.
- Communicating effectively in different contexts.
- Building and maintaining healthy relationships.

KS4

Topics: Teamwork, First Aid, Swimming, Money, Home Management, Travel, Shopping, Careers, Friendships, Safety

- Understanding puberty and the associated hygiene practices.
- Understanding nutritional labels and making informed food choices.
- Recognising dangers in varied environments.
- Learning advanced first aid skills.
- Knowing costs involved in running a home.
- Learning about budgeting, saving, and basic financial planning.
- Understanding concepts such as interest/loans.
- Knowing about a wide range of job roles and careers pathways.
- Recognising and using a variety of kitchen appliances.

KS3

Topics: Teamwork, First Aid, Swimming, Money, Home Management, Travel, Shopping, Careers, Friendships, Safety

- Understanding the importance of regular washing/bathing.
- Learning to tie shoelaces and manage more complex clothing fastenings.
- Making healthier food choices.
- Preparing simple snacks.
- Recognising more complex safety hazards
- Learning basic first aid skills.
- Enhancing skills in teamwork and cooperation.
- Understanding the importance of exercise.
- Understanding the value of money.
- Able to complete basic home management tasks e.g. using a washing machine
- Understand benefits/negatives of certain jobs.

KS1/2

Topics: Teamwork, First Aid, Swimming, Money, Home Management, Travel, Shopping, Careers, Friendships, Safety

- Understanding the importance of hand washing, brushing teeth and grooming habits.
- Dressing and undressing independently.
- Identifying healthy foods and understanding the basics of a balanced diet.
- Understanding safety rules at home and school.
- Sharing and taking turns with others.
- Developing gross motor skills.
- Enhancing fine motor skills.
- Understanding the concept of money and its uses.
- Recognising coins and counting of money.
- Developing confidence in trying new activities.
- Able to identify and discuss job roles.