



Ellesmere College
Independence Curriculum Overview 2019/20



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Taught as part of themed activities the rest of the curriculum					
KS1	<p>Cooking Choosing an ingredient</p> <p>Mixing ingredients</p> <p>Rolling, flattening, tearing, joining and moulding dough</p>	<p>Cooking Using food /dough of different textures in sensory play with a variety of tools and hands; making iced buns, investigating hot and cold</p> <p>Employability Class jobs- tidying, fetching etc; listening to sounds of work (ICT)</p> <p>General independence Road safety role play using toy cars and PHSE equipment</p>	<p>Cooking Making toast and cheese on toast; spreading and cutting with a knife</p> <p>Employability Class jobs; supermarket role plays/visit Looking for staff uniforms in ASDA</p> <p>General independence Dressing self; helping make cold drinks</p>	<p>Cooking Making scrambled eggs on toast; stirring; cutting with a knife</p> <p>Employability Class jobs; farmer role plays/visit/small world</p> <p>General independence Washing and drying hands; using a knife and fork; helping make warm drinks</p>	<p>Cooking Cooking frozen pizza and making salad; cutting; choosing ingredients</p> <p>Employability Class jobs; zoo keeper role plays/small world Possible Museum visit</p> <p>General independence Managing toileting needs; tidying equipment; communicating when ill</p>	<p>Cooking Making a fish finger wrap; cutting; rolling</p> <p>Employability Class jobs; fish and chip shop roleplays</p> <p>General independence Washing hands; engaging in daily routines; describing routine activities</p>
KS2	<p>Cooking</p> <p>Selecting kitchen tools</p> <p>Mixing, stirring and rolling</p> <p>Using a knife for spreading and cutting</p> <p>Food storage</p>	<p>Cooking Exploring temperature- hot, warm, cold foods beginning to link to kitchen safety; making beans on toast and eating with a knife and fork; helping wash up and tidy the kitchen</p> <p>Employability Match equipment to jobs</p> <p>General independence Using dough in a variety of ways- making stop and go sign from red and green dough; practice road safety using PSHE equipment; practice using a crossing with supervision in the local community</p>	<p>Cooking Making beans on toast; cutting and spreading with a knife</p> <p>Employability Class jobs Factory worker role plays Where do people work?</p> <p>General independence Making a cold drink independently; practice using fasteners, zips, laces etc independently; choose suitable clothes for the season/weather</p>	<p>Cooking Making a cous cous salad; stirring; cutting with a knife</p> <p>Employability Class jobs Market gardener role plays Explore JED world of work</p> <p>General independence Washing and drying hands; using cutlery independently; making warm drinks</p>	<p>Cooking Making chocolate coated strawberries; using a fork; melting chocolate</p> <p>Employability Class jobs Scientist role plays Explore JED world of work</p> <p>General independence Managing toileting needs; tidying away equipment; communicating when ill</p>	<p>Cooking Making a bacon or Quorn slice sandwich; cutting</p> <p>Employability Class jobs Diver role plays Explore JED world of work</p> <p>General independence Times to wash hands; engage in daily routines; describing routine activities</p>



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<p align="center">Year 7 Learning for Life</p>	<p>Cooking Making pancakes and choosing toppings</p> <p>Employability Class jobs and how people get paid for work</p> <p>General independence Value of notes and coins in a shop; evaluating own strengths and areas for development; styling hair; hygiene and styling products</p>	<p>Cooking Making cookies and washing up</p> <p>Employability Jobs done in the home</p> <p>General independence Following directions to less familiar places; road safety skills; public transport</p>	<p>Cooking Making soup and cleaning the kitchen</p> <p>Employability Exploring the world of work</p> <p>General independence Choosing ingredients; exploring the role of police firefighters and ambulance; getting help</p>	<p>Cooking Shopping for ingredients; following simple recipes; making pasta bake</p> <p>Employability Exploring jobs in hospitality</p> <p>General independence Portion sizes; healthy and less healthy snack options; food storage</p>	<p>Cooking Making pizzas and serving others</p> <p>Employability Exploring jobs working with animals</p> <p>General independence Being responsible; cleaning up; laying the table; good table manners; sun safety</p>	<p>Cooking Making sausage and mash and selecting the correct tools</p> <p>Employability Exploring jobs in a sector of your choice</p> <p>General independence Choosing appropriate clothes; choosing activities; organising self</p>
<p align="center">KS3 High Needs</p>	<p>Cooking Recognising hot and cold; making hot and cold drinks</p> <p>Employability Class jobs and how people get paid for work</p> <p>General independence Using coins in a shop roleplay; recognising own strengths; combing hair; hygiene</p>	<p>Cooking Making cookies; washing up and putting equipment away</p> <p>Employability Jobs done in the home</p> <p>General independence Familiar places in school; road safety; out and about with an adult</p>	<p>Cooking Making sandwiches; washing up; food storage</p> <p>Employability Exploring the world of work</p> <p>General independence Choosing ingredients; people that help; getting help</p>	<p>Cooking Cooking frozen food; shopping for ingredients; following a simple recipe</p> <p>Employability Exploring jobs in hospitality</p> <p>General independence Portions sizes; illnesses; healthy and less healthy snack options</p>	<p>Cooking Making pizzas; serving others; using the correct cutlery</p> <p>Employability Exploring jobs working with animals</p> <p>General independence Being responsible; cleaning up after myself; laying the table; table manners</p>	<p>Cooking Making sausage and mash and selecting the correct tools</p> <p>Employability Exploring jobs in a sector of your choice</p> <p>General independence Choosing appropriate clothes; choosing activities; organising self</p>
<p align="center">KS3 Connecting & Responding</p>	<p>Cooking Making a cold drink</p> <p>Employability Class jobs; paying for something</p> <p>General independence Keeping clean and managing toileting needs</p>	<p>Cooking Making toast</p> <p>Employability Supermarkets and staff uniforms</p> <p>General independence Moving about safely; familiar places in school</p>	<p>Cooking Making scrambled eggs on toast; stirring; using a knife</p> <p>Employability Cleaning and tidying the kitchen</p> <p>General independence Choosing</p>	<p>Cooking Making pizza and salad; choosing ingredients, cutting</p> <p>Employability Serving food to others</p> <p>General independence Preparing simple food</p>	<p>Cooking Making burgers</p> <p>Employability Driving jobs</p> <p>General independence Road safety</p>	<p>Cooking Tray bakes</p> <p>Employability Jobs in school</p> <p>General independence Uniforms; getting paid for work</p>
<p align="center">Year 8 & 9 Learning for Life and Stretch & Challenge</p>	<p>Cooking Making an omelette; cleaning and tidying a kitchen</p> <p>Employability Who works in my family?</p> <p>General independence Health</p>	<p>Cooking Making a fruit crumble; laying the table</p> <p>Employability What jobs use my interests?</p> <p>General independence Budgeting for hobbies; looking</p>	<p>Cooking Making a simple curry; serving others</p> <p>Employability Looking smart for work- personal presentation</p> <p>General independence Medical needs; making</p>	<p>Cooking Making a cheesecake; serving less familiar people</p> <p>Employability Jobs in my community</p> <p>General independence Walking and public transport</p>	<p>Cooking Making spaghetti bolognaise</p> <p>Employability Who helps us when we travel? Jobs in the travel and tourism sector</p> <p>General independence</p>	<p>Cooking Making a summer fruit pudding</p> <p>Employability Why work? Application forms and letters; interview practice</p> <p>General independence Knowing my</p>



**Ellesmere College
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		after valuables; calculating change	appointments; emergencies	practice; using money	Planning a trip- appropriate clothing; shopping lists; keeping safe; using a timetable	personal details
KS4 Connecting & Responding	Cooking Basic hygiene when cooking; making a cold drink; making toast; cleaning up Employability Classroom jobs; exploring the world of work	Cooking Visiting a supermarket; making a sandwich; cleaning up Employability Classroom jobs; Exploring the world of work	Cooking Making a fruit kebab; cleaning the kitchen; cleaning up Employability Classroom jobs; Exploring the world of work	Cooking Making cakes; laying the table; cleaning up Employability Classroom jobs; Exploring the world of work	Cooking Making a salad; using cutlery; serving someone; cleaning up Employability Classroom jobs; Exploring the world of work	Cooking Making a homemade pizza; choosing toppings; making a hot drink; cleaning up Employability Classroom jobs; Identifying what I like doing
KS4 High Needs	General Independence My personal hygiene- what/why/when/ how?	General Independence Looking after your home	General Independence Basic road safety	General Independence Choosing the right clothes and dressing	General Independence Healthy choices and my health needs	General Independence Awareness of strangers and personal space
KS4 Learning for Life	Cooking Basic Hygiene when cooking; risks of poor hygiene; safety in the kitchen; using a knife- peeling potatoes for mashed potato Employability What's it like to work in a kitchen? General Independence My personal hygiene- what/why/when/ how?	Cooking Budgeting for shopping; cooking a simple meal, pasta and bolognaise sauce Employability Workplace visit- a supermarket; working in a supermarket- what skills are needed, researching jobs General Independence Using money; ways of making payments; keeping my money and belongings safe	Cooking Sharing cooking ideas- Where do we find recipes? Who do we share recipes with and how? Cooking a curry; coconut rice pudding and mango Employability Working outdoors; clothing for work General Independence Looking after my clothing; choosing appropriate clothes for weather/event	Cooking Making homemade pizza; making shortbread biscuits and fruit compote Employability Museum visit- working in tourism General Independence Working towards independent travel; journeys on foot; focus on road safety	Cooking What have I learned? What can I improve on? What do other people think about the value of cooking? Employability Working or volunteering with animals; being responsible for a pet General Independence Looking after my health , calling a doctor; smoking, drinking and drugs and the law	Cooking Folder preparation; choosing a recipe myself and making it Employability Jobs in caring professions General Independence Focus on safety near railways/water; getting help- people that help us
KS4 Stretch & Challenge	Cooking Hygiene when cooking; risks of poor hygiene- food poisoning; legal implications of hygiene in a commercial kitchen; using a knife- peeling potatoes for sausage , mash and onion gravy; using a knife- preparing a fruit salad Employability	Cooking Budgeting for shopping; cooking a family meal, pasta bake and simple cheesecake Employability Workplace visit- a supermarket; working in a supermarket- what skills are needed, researching jobs; would work in	Cooking Sharing cooking ideas- Where do we find recipes? Who do we share recipes with and how? Cooking a curry Coconut rice pudding and mango puree Employability Working outdoors- pros and cons; could working in this sector suit me?	Cooking Making homemade pizza; making shortbread biscuits and fruit compote Employability Museum visit- working in tourism; careers in art and tourism investigation; would work In this sector suit me?	Cooking What have I learned? What can I improve on? What do other people think about the value of cooking? Employability Working or volunteering with animals; would working in this sector suit me?	Cooking Folder preparation; choosing a recipe myself and making it Employability Jobs in caring professions; would working in this sector suit me? General Independence Focus on safety near



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	<p>Personal qualities evaluation; careers in catering- could I work in this sector?</p> <p>General Independence Personal hygiene- what/why/when/how?</p>	<p>this sector suite me</p> <p>General Independence Using money; ways of making payments; keeping my money and belongings safe</p>	<p>Clothing for work, safety equipment</p> <p>General Independence Looking after my clothing; choosing appropriate clothes for weather/event; ironing my clothes</p>	<p>General Independence Working toward independent travel- journeys on foot- focus on road safety; types of crossings</p>	<p>General Independence Looking after my health; getting medical advice; food groups; types of exercise (stamina, cardio, flexibility); smoking, drinking and drugs and the law</p>	<p>railways/water/roads; hate crime and knife crime; keeping myself safe; safety in relationships</p>
Post 16 High Needs	<p>Cooking Basic kitchen hygiene; making a cold drink; making a hot drink; cleaning up the kitchen;</p> <p>Employability Class jobs; exploring the world of work</p> <p>General Independence Developing functional skills- digital literacy; general hygiene</p>	<p>Cooking Basic kitchen hygiene; making beans on toast; making cheese on toast; cleaning up the kitchen;</p> <p>Employability Class jobs; exploring the world of work</p> <p>General Independence Developing functional skills- the world of work; going out in the community</p>	<p>Cooking Basic kitchen hygiene; making an egg sandwich; making a chicken salad wrap; cleaning up the kitchen</p> <p>Employability Class jobs; exploring the world of work</p> <p>General Independence Digital skills for everyday life; using money out and about</p>	<p>Cooking Basic kitchen hygiene; making a hot drink; making biscuits; cleaning up the kitchen</p> <p>Employability Class jobs; exploring the world of work</p> <p>General Independence Everyday food and drink preparation; shopping for everyday living</p>	<p>Cooking Basic kitchen hygiene; making and decorating cakes; cleaning up the kitchen</p> <p>Employability Class jobs; exploring the world of work</p> <p>General Independence Cleaning your own home; choosing the right clothes</p>	<p>Cooking Basic kitchen hygiene; making fruit kebabs; making a couscous salad; cleaning up the kitchen</p> <p>Employability Class jobs; exploring the world of work</p> <p>General Independence Looking after your health</p>
Post 16 Learning for Life	<p>Cooking Basic kitchen hygiene; food allergies; making sandwiches- choosing and preparing fillings; making tray bakes; cleaning up the kitchen</p> <p>Employability Finding jobs that suit me</p> <p>General Independence My personal hygiene- health and social effects; looking after my teeth; areas that need extra cleaning/attention; hot weather and exercise and the effect on perspiration</p>	<p>Cooking Basic kitchen hygiene; making a blended soup; making tiramisu; laying the table; cleaning up the kitchen</p> <p>Employability Conduct at work</p> <p>General Independence Looking after my health needs- healthy lifestyle; exploring what exercise I enjoy; types of exercise (strength/cardio/flexibility); elements of a healthy diet; portion control</p>	<p>Cooking Basic kitchen hygiene; making sausage mash and veg; making a fruit salad; inviting a guest- reminder food allergies; cleaning up the kitchen</p> <p>Employability Exploring jobs</p> <p>General Independence Working toward independent travel; journeys on foot; using a service bus; queuing etiquette; what I need to take out and about</p>	<p>Cooking Basic kitchen hygiene; homemade beef burgers; coleslaw; serving others- allergies reminder; cleaning up the kitchen</p> <p>Employability Self-management skills for work</p> <p>General Independence Staying safe in my community; where to find medical help; stranger danger; personal space; knife crime and hate crime</p>	<p>Cooking Basic kitchen hygiene; making a chilli con carne; making cookies; cleaning up the kitchen</p> <p>Employability Jobs that interest me</p> <p>General Independence Using money and shopping safely; my rights and responsibilities; using cards and cash; using an ATM</p>	<p>Cooking Basic kitchen hygiene; making a pasta bake; making a fruit crumble; cleaning up the kitchen</p> <p>Employability The world of work</p> <p>General Independence Looking after my home/room; planning what needs doing; using a washing machine; using an iron</p>
Post 16 Stretch & Challenge	<p>Cooking Kitchen hygiene including legal consequences; food allergies; making</p>	<p>Cooking Kitchen hygiene; making a blended soup – how many of your 5 a day?; making tiramisu;</p>	<p>Cooking Kitchen hygiene; making sausage mash and veg; making a fruit salad – trying</p>	<p>Cooking Kitchen hygiene; homemade beef burgers – are they better than shop bought?;</p>	<p>Cooking Kitchen hygiene; making a chilli con carne and meat free alternatives; making cookies;</p>	<p>Cooking Kitchen hygiene; making a pasta bake; making a fruit crumble – seasonal fruits</p>



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<p>sandwiches- choosing and preparing fillings; making tray bakes; cleaning up the kitchen</p> <p>Employability Finding jobs that suit me</p> <p>General Independence My personal hygiene- health and social effects; looking after my teeth; areas that need extra cleaning/attention; hot weather and exercise and the effect on perspiration</p>	<p>laying the table; cleaning up the kitchen</p> <p>Employability Conduct at work</p> <p>General Independence Looking after my health needs- healthy lifestyle; physical and emotional; action planning for the future</p>	<p>exotic fruit; inviting a guest- reminder food allergies; cleaning up the kitchen</p> <p>Employability Exploring jobs</p> <p>General Independence Working toward independent travel; journeys on foot; using a service bus; queuing etiquette; what I need to take out and about</p>	<p>coleslaw; serving others- allergies reminder; cleaning up the kitchen</p> <p>Employability Self-management skills for work</p> <p>General Independence Staying safe in my community; knife crime and hate crime; taking sensible steps to stay safe</p>	<p>cleaning up the kitchen</p> <p>Employability Creating a CV; jobs that interest me</p> <p>General Independence Using money and shopping safely</p>	<p>and air miles; cleaning up the kitchen</p> <p>Employability The world of work</p> <p>General Independence Looking after my home/room; using household machines; safety and household products</p>
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