

Meadow Park: Sequence of learning overview 2023-2024



Subject- Life skills

Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Health & Wellbeing		Relationships		Living in the wider world	
Becoming independent Personal skills Personal safety Knowledge Empowerment About me		Local community Local area Social interaction Understanding others Positive relationships		Wider community The world we live in Mobility Global citizenship Explore and discover Memorable learning experiences	
Becoming independent- 15 lessons		Community- 12 lessons		Explore & discover-13 lessons	
<u>KS1</u>					
-How to tie your laces -How to plant a seed -How to use a knife & fork -How to brush your teeth -When to say please and thank you -Design and make a sandwich -How to wash our hands properly -How to look after an animal -How to cross the road with an adult -How to get dressed independently -What to do if you get lost -Fire safety -Stranger danger -How to make a healthy snack (knife skills) -How to keep areas clean and tidy		-Learn about a religion within the local community -Make cakes to sell in a cake sale -Investigate the history of a local area -Explore the history of a local place of interest -Make cards for a care home -Grow flowers for the community -Think of something you'd like to change within the community and create a mini campaign -Explore a piece of local poetry -Help in the community orchard -Interview a local person -Learn about a local musician/band -Visit a local place of worship -Meet a local service provider (Police, Fire etc)		-Learn about a world religion -Celebrate a festival/event -Grow a butterfly -Watch a piece of theatre -Visit a local beach -Visit a forest -Visit a local museum -Try a new fruit -Listen to world music -Visit a library -Take part in a mindfulness relaxation session -Visit a farm -Learn about space (NASA)	
<u>LKS2</u>					
-How to wash dishes -How to contact emergency services -How to make a bed -How to follow a recipe -What to do if you are drowning -How to cross the road at a crossing -How to make bread -Design and make a healthy breakfast -How to knit -How to peel vegetables -How to do a basic stitch -Fire safety in school and at home -Personal hygiene (teeth, hand & face) -How to be safe within the community -Basic first aid (how to treat a bump, bruise or burn)		-Write a letter to your school council -Create information posters for the local community -Grow flowers for someone -Learn about a religion within the local community -Visit a local area of interest -Make baked goods for a charity cake sale -Learn about the history of Liverpool -Meet a local service provider (Police, Fire etc) -Read a piece of local poetry -Take part in litter picking in the local area -Interview a local person -Visit a local place of worship (with Q&A)		-Join a library -Perform a poem from a local poet -Explore a world religion -Visit a local landmark -Watch a piece of theatre -Grow a butterfly -Visit a forest -Visit a local beach -Take part in a science experiment -Visit a local museum -Visit an art gallery -Try new fruit and vegetables -Take part in a yoga session	

UKS2

- Make a shopping list
- How to make a hot drink
- What information to give to 999
- How to sew a button
- How to perform CPR
- Design and make a healthy lunch
- How to cross the road independently
- How to use kitchen equipment
- Make a fire plan (for at home)
- Water safety
- Purchase challenge (buy as many things as you can for £2)
- Personal Hygiene (body & clothes)
- How to make a cake
- Basic first aid (cuts & sprains)
- Community safety (yourself and others)

- Learn about a religion within the local community
- Visit a local area of interest
- Write a letter to your local MP
- Organise a charity cake sale
- Learn about the history of Liverpool
- Meet a local service provider
- Write cards for a local school
- Read a selection of local poetry
- Interview a local person
- Organise a school campaign
- Visit a local place of worship (with Q&A)
- Teach KS1 how to play a game

- Retell a story from a local author
- Explore a world religion
- Write a poem that will be published online
- Watch a piece of theatre
- Grow a butterfly
- Visit a forest
- Visit a local beach
- Visit a local museum
- Visit an art gallery
- Listen to classical music
- Take part in a guided meditation
- Celebrate a festival/event
- Learn about a significant historical event

KS3

- How to wash and dry clothes (washing machine & hand wash)
- Plan a healthy meal
- Make a health meal
- Open a bank account
- How to store food properly (food poisoning etc)
- How to change a bed
- How to perform CPR
- Fire plan
- How to dress a wound
- How to shave properly
- Personal hygiene (body, teeth, toiletries)
- How to contact the emergency services
- How to use public transport safely
- How to look for employment
- Alcohol & drug safety

- How to say hello/goodbye in different languages (local theme)
- Interview a local person of interest
- Write a letter to your MP
- Learn about the history of Liverpool
- Learn about a community within Liverpool
- Meet a local service provider (Fire, Police etc)
- Write cards for a local care centre
- Learn about local spoken word poets
- Learn the history of Liverpool music
- Create a poem that will be displayed locally
- Raise money for a charity
- Learn about local services that can help

- Listen to and evaluate examples of world music
- Explore and compare different faiths within the local community
- Virtually visit a place of worship
- Learn about a geographical place of interest
- Watch a piece of theatre
- Virtually visit a museum
- Virtually visit an art gallery
- Try new world foods
- Learn about a classical composer
- Learn about a different country
- Watch a live piece of music
- Learn about a significant historical event
- Learn about the different types of fitness available within Merseyside (and beyond)

KS4

- How to manage a household budget
- How to make a meal for under £5
- Where to go for advice on sexual health
- How to iron clothes
- How to open a bank account
- How to make an appointment
- How to apply for a driving license
- How to change a lightbulb
- How to perform CPR
- How to safely put out a fire
- Basic first aid (inc how to use a stab kit)
- How to use a gym
- Prepare a cv
- How to clean using cleaning products

- What community services can help (foodbanks, money, CAB)
- Listen to Primary pupils read
- Interview a local author/celebrity
- Learn about a religion within the local community
- Write a letter to your Metropolitan Mayor
- Learn about the history of Liverpool
- Learn about a community within Liverpool
- Design a decorative poster for a local hospice
- Meet a local service provider (Fire, Police etc)
- Learn about local spoken word poets
- Explore what free services/activities are available for young people in the local area
- Learn about the significance of music within Merseyside

- Explore and compare different faiths
- Virtually visit the houses of parliament
- Watch a piece of theatre
- Virtually visit a place of worship
- Virtually visit a museum
- Virtually visit an art gallery
- Try new world foods
- Learn about a classical composer
- Learn about a different country
- Watch a live piece of music
- Learn about a significant historical event
- Virtually visit a place of interest worldwide (Whitehouse, NASA etc)
- Learn greetings in different languages

-Personal hygiene