

Embedding Life Skills Pathway Curriculum Map 2023-24



History of revisions

Version 1

Thomas Sadler, March 2022

- Original document

Version 2

Thomas Sadler, August 2022

- Curriculum Map updates

Version 3

Thomas Sadler & Gemma Lindsay September 2022

- Updates

Version 4

Gemma Lindsay, November 22

Version 5

Gemma Lindsay, Molly Pearson August 23

Version number	5
Date of issue	August 2023
Next review	August 2024
Staff Lead	Principal
Approved by	Trustees

This document is reviewed annually by the Principal.



Values

At Future Horizons Leeds our values underpin everything we do. We seek to:

- **Enable** our learners to achieve;
- **Empower** them to communicate and advocate for themselves;
- **Include** them in their local communities

Vision

We are committed to putting young people with complex learning and communication difficulties at the centre of everything we do. We aim to provide a holistic, person-centred service that prioritises the wellbeing and personal progress of every learner. We pride ourselves on being able to challenge norms, think outside the box, and develop a creative response to need. We believe that every learner can achieve their personal outcomes and develop new skills.

Mission

Our mission is to support learners to become:

- ***Confident individuals*** who lead happy, healthy and fulfilling lives.
- ***Proud communicators*** who take pleasure in communicating with a range of individuals in a variety of contexts.
- ***Independent citizens*** who contribute to their local community



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Person-centred learning is at the heart of our curriculum offer, this ensures that each learners' programme is meaningful to them and adapted to their experience, preferences, and aspirations.

Process for designing individual learning packages:

Information gathered from school/home/EHCP meetings/specialist reports Before starting College	Baseline Assessment September-October
Personal Learning Goals written and implemented October/November	Termly Reviews and updates to Personal Learning Goals December, March, June
EHCP reviews Yearly	

Our Personal Learning Goals focus areas are all linked to the **Preparation for Adulthood** agenda; college is the link between school education and the journey to becoming an independent, fulfilled, and active citizen – Future Horizons is committed to this vision and positive transition for all our young people.

Our focus areas are:

- Communication**
- Independent Living Skills**
- Friends and Relationships**
- Physical and Sensory**
- Functional Skills**

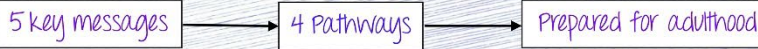
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Preparing for Adulthood



- Personalise your approach
- Develop a shared vision
- Improve post-16 options and support
- Raise aspirations
- Plan services together

Employment

Independent living

Community Inclusion

Health





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In order to achieve their Personal Learning goals there are several subjects taught over the week, these are the vehicles to each learners' learning and achievement. Evidence is collected for all targets. Learners will all be using the RARPA process.

1. **Tutor Group/Recap & reflection** – Welcome, preparation for the day/week ahead, 1:1 sessions, work on destination planning, timetabling, relationships, wellbeing, review of EFL, celebrating success, planning future learning & aspirations
2. **Independent Living Skills/Enterprise** - cooking, cleaning, laundry room, bedroom, kitchen, early work skills, positive interactions with others, maths skills
3. **PSHE** – sex and relationships, healthy lifestyles, staying safe, safeguarding, PREVENT, Modern Britain
4. **Staying Safe** – Road safety, personal safety, using technology, safe communication, community skills
5. **Health & Leisure** - leisure centre, park, nature reserve, swimming, gardening, sports, gym, music, art, photography, painting, Yoga, Tai Chi, Mindfulness
6. **Creativity** – Art, music, drama, dance
7. **Healthy Living/DofE/MATP** – Healthy eating, exercise, mindfulness, DofE, MATP, physical & sensory

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8. **Functional Skills** – Functional maths, English, e-safety, social media, word processing, emails, functional computer use
9. **Work Skills/Work experience** – Introduction to the world of work, practicing skills related to work activities, completing tasks for others, identifying transferable interests and skills, careers guidance, destination planning, work experience – supported, sometimes leading to independent work



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Learning area	Intent Why are the students learning this?	Implementation What does it look like?	Impact (Assessment) What will the student be able to do?	Focused Subject/Topic Link (All areas will be covered in across the curriculum)
<u>Employability/ work skills</u>	<ul style="list-style-type: none"> To have the opportunity to explore a wide range of employability options and experiences To practice work experience skills both onsite and offsite 	'Theory' based sessions, practicing key skills in college External work placements CIAG meetings Internal work placements	<ul style="list-style-type: none"> Be able to make a clear, informed choice about next steps and opportunities Have the skills required for supported or independent employment/supported living options 	Work Skills/Work Experience ILS/Enterprise Functional Skills
<u>Independent Living Skills</u>	<ul style="list-style-type: none"> To be as independent as is possible in all areas of adulthood whatever their destination To be able to make clear choices To be able to practice using different strategies/equipment and means to be able to complete everyday tasks 	Practicing activities of daily living and accept support to try a range of supported strategies to become as independent as is possible, including: Use of AAC Use of adapted equipment Accessing various activities at college and in the wider community	<ul style="list-style-type: none"> Control their own world/environment Confidently work with others in order to get needs met Make clear choices Have voice heard Have the skills to access the next phase of adult life i.e. independent living, supported living, 	ILS & Enterprise Staying safe Functional Skills

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			employment, supported employment	
<u>Friends and Relationships</u>	<ul style="list-style-type: none"> To be able to enjoy time with others To be able to accept others and express if they need time away To have a high quality of life 	<p>Sharing positive time/experiences with others</p> <p>Shared activities</p> <p>Learning about safe relationships in the safe environment of college</p>	<ul style="list-style-type: none"> Build positive relationships with those around them Understand public and private and how to keep myself safe Understand who is there to help me when I need To communicate appropriately with others To utilise online equipment safely and effectively 	<p>PSHE</p> <p>Healthy living</p> <p>Health and Leisure</p> <p>Creativity</p>
<u>Good Health</u>	<ul style="list-style-type: none"> Enhanced quality of life Learning about the impact choices they make have on their bodies To be able to help ourselves in practical scenarios e.g. basic first aid 	<p>Experiencing a variety of exercise opportunities such as going for walks, completing yoga, using just dance.</p> <p>Learning about the eat well plate and how the foods we eat make an impact on our bodies</p>	<ul style="list-style-type: none"> To understand why we need to look after our bodies To understand that the environment can impact our health 	<p>Healthy Living</p> <p>Health and Leisure</p> <p>PSHE</p>

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	<ul style="list-style-type: none"> To be able to choose exercise we enjoy and understand why this is important for our bodies 	Learning about the impact drugs and alcohol can have on our bodies		
Functional Skills	<ul style="list-style-type: none"> To gain independence in all areas of life To communicate our needs and wants To pay for items in shops 	Utilising practical skills in the community Using functional skills in homemaking tasks	<ul style="list-style-type: none"> Problem solving skills Asking for help Utilising technology for practical tasks e.g. Seeing AI 	Functional Skills Employability/ Work Skills Independent Living Skills

Towards Employability Pathway Year One			
Learning Area	Autumn Term	Spring Term	Summer Term
Functional Skills - English	Creating shopping lists	Extracting information from texts	Performing Arts
Functional Skills - Maths	Creating shopping lists, utilising money in the community	Problem Solving	Money management
Employability/ Work Skills	Likes and Dislikes	Same and Different	Following instruction/ internal work placements
Independent Living Skills/Enterprise	Christmas Fair (Compass House)	Cooking in the kitchen	Safety around the home
Staying Safe	Getting out in the community and who keeps us safe	Exploring healthy relationships	Safety in the community/ road safety
Healthy Living	Healthy eating	Physical Fitness	Accessing activities in the community

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PSHE	Relationships, Self-Awareness and My Community	Religions, Lifestyles and Respect	Self-Care, Mindfulness and Mental Wellbeing
Health and Leisure	Mindfulness and Accessing the outdoors	Communal Games	Supporting our natural environment
Creativity	Performing Arts/ Music	Performing Arts/ Music	Performing Arts/ Music

Towards Employability Pathway Year Two			
Learning Area	Autumn Term	Spring Term	Summer Term
Functional Skills English	Reading recipes	Extracting information from text	Application forms
Functional Skills – Maths	Utilising money in the community	Shape, space and measure	Shopping on a budget
Employability/ Work Skills	Work placements	What is my dream job?	Applying for jobs
Independent Living Skills/Enterprise	Christmas Fair/ Compass House	Storing food safely	Making a meal
Staying safe	Using social media safely	Being unwell and using the doctors	Abuse and how it happens
PSHE	Relationships, Self-Awareness and my community	Religions, Lifestyles and Respect	Self-Care, Mindfulness and Mental Wellbeing

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Healthy Living	Healthy Eating	Physical Health	Movement and Exercise
Health and Leisure	Forest Walks	Art through the ages	Supporting the environment
Creativity	Performing Arts/ Music	Performing Arts/ Music	Performing Arts/ Music

Towards Employability Pathway Year Three			
Learning Area	Autumn Term	Spring Term	Summer Term
Functional Skills - English	Writing letters and emails	Job application process	Applying for next steps
Functional Skills - Maths	Enterprise project	Problem solving in the workplace	Applying for next steps
Independent Living Skills/Enterprise	Christmas Fair/ Compass House	Shopping independently	Next steps in independent living
Employability Skills	Interviews	Applying for external jobs	Completing CVs
Staying safe	My community network	Happiness into the future	Applying for next steps
PSHE	Self-Awareness, Relationships and My Community	Religions, Lifestyles and Respect	Self-Care, mindfulness and mental wellbeing
Healthy Living	Healthy eating	Physical Health	Movement
Health and Leisure	Forest Walks	Communal Games	Planning my week post-college

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Creativity	Performing Arts/ Music	Performing Arts/ Music	Performing Arts/ Music
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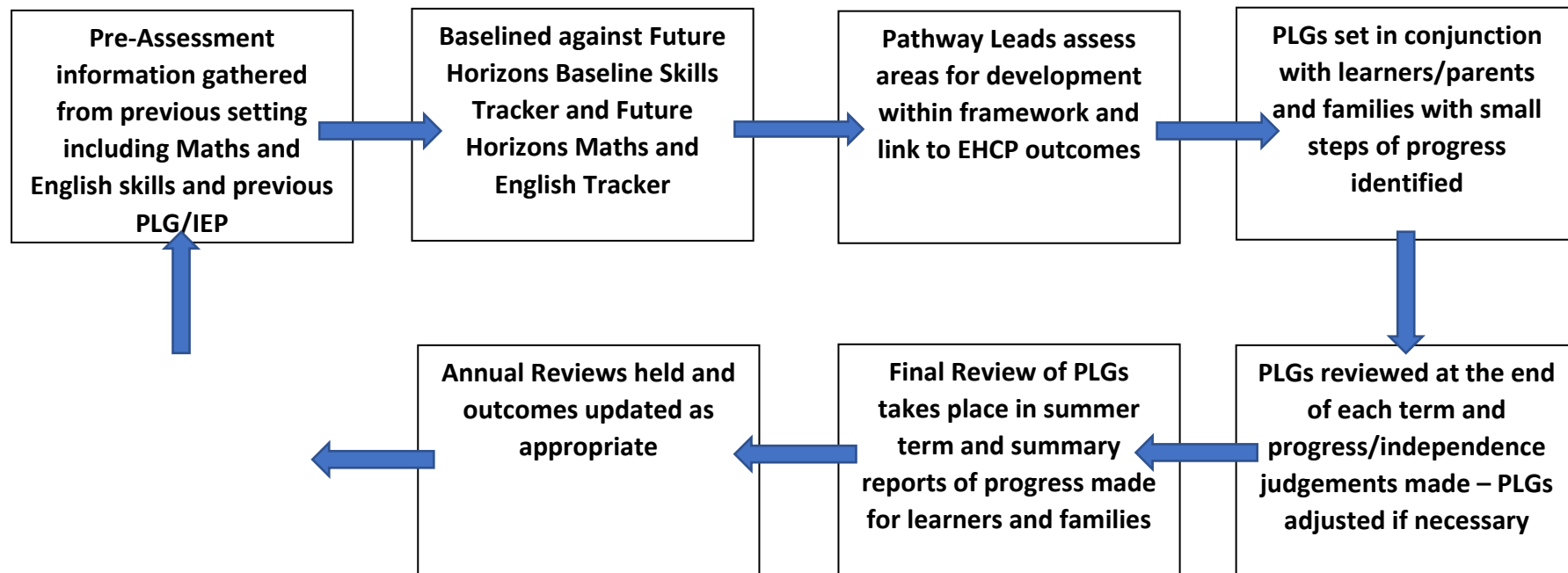
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Assessment process





Embedding Life Skills Pathway

Programme Intent:

The Embedding Life Skills Pathway is for our young people with a range of disabilities and support needs who are developing the skills and knowledge they need to live as independent an adult life as possible. The Pathway prepares each young person for their next step into life beyond Future Horizons Leeds into adulthood. Each learner participates in a varied timetable of activities that builds upon their individual interests and equips them with the skills they will need for later life.

Programme Format:

Each learner will participate in a structured curriculum offer working with other young people in small groups. The aim is to provide each learner with a broad range of learning opportunities that focus on the skills and knowledge needed in adulthood. As far as possible the aspirations and interests of each young person are taken into account when building their timetable from the overall Pathway offer.

Our learners will be out in the community as well as engaging in a College based programme which will include access to external gym, pool and additional therapies as appropriate. Where appropriate our young people can access work experience and work placements.

Programme Content:

The Pathway programme is focussed on Preparation for Adulthood: independent living skills, community inclusion and good health as well each learner's EHCP Outcomes across the four categories of an EHCP: Cognition and Learning; Communication and Interaction; Social, Emotional and Mental Health; and Sensory and Physical. In addition, each young person's curriculum will cover: communication and friendships; everyday English, Maths and IT; wellbeing and relationships as well as access to our enrichment offer.

Over their time at the College, learners will take part in enterprise and vocational learning; community-based experiences; communication focussed sessions supporting young people to be able to communicate their personal needs, wishes and choices; and Good Health.

Learners engage in enjoyable and purposeful lessons including cooking, daily life skills, communication, working together and team building. Our young people access meaningful activities which build confidence and develop skills necessary for a smooth transition for the next part of their journey into adulthood.

In addition, young people on our Embedding Life Skills Pathway will access additional therapies depending on their individual needs.

Programme Impact:

The Embedding Life Skills Pathway is a vibrant and interactive pathway where each young person takes part in a varied programme all about getting ready for adulthood. Levels of independence are tracked and recorded. The College uses an 'Evidence for Learning App' to track individual progress built from photographs, video and feedback from the teaching and support teams. Parents/Carers

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will be given a personal log-in to access 'Evidence for Learning' to be able to see the progress of their son/daughter at any point.

Our aim is to prepare each of our young people to access a rich, purposeful adult life where they are able to participate in their community; communicate their needs and wishes; and, to enjoy a full and happy adult life.

[Review date: August 2024](#)

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