

Preparing for Adulthood: Independent Living**Skills for Life/PSD**

This term we are learning about healthy living.

Students will develop their understanding of what it means to have a healthy lifestyle and take part in activities that contribute to a healthy lifestyle and gain a better understanding of how these activities help our bodies.

All students will take part in PE and Cooking lessons to take part in physical activities and cook healthy meals and snacks.

Some students will be develop a deeper understanding of how different activities affect their bodies in different ways and the negative effects some activities can have on our bodies.

Food Technology

All students will have weekly practical cooking sessions this term. Within these lessons, students will be following recipes, measuring ingredients and using a range of kitchen equipment to create both savoury and sweet dishes and snacks.

This term all students will be cooking a range of simple snacks and meals to develop confidence and independence in the kitchen. This includes: fruit salad alongside other smaller snacks at the Hive.

Some students will be cooking main meals in preparation for their cooking assessments and will have theory lessons to learn about food safety and hygiene, planning nutritious meals and shopping for ingredients.

Ways you can help your child:

- Encourage students to cook at home. This could be making their own drinks and snacks or supporting cooking larger meals.
- Talk about the different equipment and ingredients used in the kitchen what are they for? Why do we use them or eat them?

Preparing for Adulthood: Health**Physical Education**

In PE this term, students will be developing our cardiovascular fitness including taking part in fitness style sessions, learning about the importance of cardiovascular exercise and taking part in low impact PE sessions in the community.

Students will be learning important skills such as how to incorporate being active in their lives, how being fit benefits them in a physical and wellbeing way.

Some students will also develop leadership skills through leading activities in PE lessons and developing a deeper understanding of the benefits of being active and healthy.

Duke of Edinburgh

This term in Duke of Edinburgh lessons, we are working towards the physical and skills section of the award. Students have chosen to take part in weekly walking or running sessions in their physical sessions. Students have chosen to take part in furniture restoration, crafts including sewing and using the cricut machine and planting for their for their skills section.

Ways you can help your child:

- Encourage students to explore different ways to keep fit and healthy outside of school

Preparing for Adulthood: Employment

English

This term we are reading A Christmas Carol by Charles Dickens. While reading, we will complete a range of activities and tasks to improve our comprehension and understanding of topics words. Students will also complete different writing tasks based on events in the book including character descriptions and summaries of chapters. To develop our functional reading and writing, students will also be practicing reading and writing for different purposes including reading in the community and sharing personal information to access job opportunities and services in the future. Some students will also learn about the language techniques used by Dickens throughout the book and discuss the overarching themes.

Maths

Our topic this term in Maths is number and place value.

This includes working with numbers up to either 20,100 or 1000, numbers will increase depending on levels and they will be able to symbols.

Some students will begin working with decimals including adding and subtracting numbers up to 2 decimal places.

After half term, our topic will be shape, position, direction and movement.

Students will learn about the properties of 2D and 3D shapes and understanding lines of symmetry.

Some students will be working with angles and use angles to describe position and direction.

We will also explore maps and drawings.

Computing

In Computing, our key focusses this term will be Online Storage of Personal Information and Associated Risks and coding. We will be learning about how to keep our personal information safe when using the internet.

After half term, we are learning about coding. We will develop our understanding of conding and apply this in different ways on laptops.

World of work

Our world of work topic this term is planning and reviewing learning.

As part of this unit, we will be learning about what skills we already have and what we need to improve to support us in the future. All students will take part in a set of activity to support them to develop their chosen skill throughout the term.

Students will have opportunities to reflect on their own skills and evaluate what went well/less well while working towards their goal.

Ways you can help your child:

- Encourage students to read books of their choice at home to promote a pleasure for reading
- When reading, engage in discussions about what you have read such as what has happened already? What is your favourite part and why? What might happen next?
Can you describe a character in the book in your own words?
- Talk about the workplace and the skills people need to have. Find opportunities in the home and community to develop those skills.

Preparing for Adulthood: Community Inclusion

Religious Education and Cultural Development

In our Cultural Development lessons this term we are developing cultural identity, diversity, citizenship, community participation, and social responsibility through planning and delivering a "Make Your Mark Day" campaign. This will include working towards a community inclusion project at the end of term.

PSHE

Our topics this term for PSHE include forming and maintaining positive relationships and understanding the dangers of alcohol, tobacco and drugs. In these lessons, we will be learning about the different types of relationships, what positive, healthy relationships look like and where we can go for support for disagreements and conflict in relationships.

Within our healthy lifestyles: alcohol, tobacco and drugs unit, we will be learning about the dangers of these substances; including the effects it has on our bodies, reputation and what the law states. We will also learn about internal and external influences and we can manage these.

Enrichment and enterprise

This term, all students are taking part in an enterprise project this term. We are raising money for a new sewing machine.

Each week, students will learn about special dates in the calendar including International Poetry Day, Black History Month and Armistice Day.

Community Visits

This term, our community visits will be focussing on employer encounters. We will visit a range of workplaces and meet with employers in different sectors. We will also have opportunities to continue to develop other skills through visits to the local shops and physical sessions on the Abington recreation ground.

Travel Training

We will be starting travel training sessions for all students this term and this will continue throughout the year. Students will have opportunities to use the public bus to visit other villages and towns and use the facilities and shops before returning to the Hive. These sessions will be supported by adults, while encouraging independence, time management and problem solving for students.

Ways you can help your child:

- Try to explore cultures outside of your own family at home and engage with celebrations in October for Black History Month.
- Offer support and guidance during social times with familiar and unfamiliar people
- Discuss what your workplaces are like with your child. What different roles are there in your workplace and what are your own responsibilities at work?
- When using any public transport, encourage students to support with planning including routes and timings.