

Penn Fields School
Preparing for Adulthood – KS3



KS3 Preparing for Adulthood timetabled lessons x 2 each week						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7 & Nurture	Friendships and Relationships – Friends and Family		Healthy Lifestyles – Personal Health and Hygiene		Employment – Benefits and Allowances	
	Healthy Lifestyles – Cooking and Nutrition		Money and Budgeting – Incomings and Outgoings		Self-Development – Target Setting	
Year 8	Self-Development – Strengths and Weaknesses		Self-Development – Motivation and Resilience		Friendships and Relationships – Communities	
	Healthy Lifestyles – Sleep and Exercise		Employment – Skills and Qualities		Housing and independent Living – Household Chores	
Year 9	Friendships and Relationships – Online Safety		Money and Budgeting – Sources and Types of Money		Housing and Independent Living – Travel Training	
	Housing and Independent Living – Accommodation Types		Employment – Taxes and Wage Slips		Money and Budgeting – Bank Accounts	

Developing Skills with SOLO taxonomy			
Initial	Multi	Relate	Extend
Define	Memorise	Sequence	Generalise
Identify	Define	Compare and contrast	Evaluate
Describe	Name	Explain effects	Prove
	Match	Distinguish	Justify
	Identify	Question	Predict
	Label	Classify	Reflect
	Recall	Explain causes	Argue
	Describe	Analyse	Prioritise
	Outline	Organise	Construct
	List		Generate

Personal Discovery Pathway					
Healthy Lifestyles	Money and Budgeting	Housing and Independent Living	Employment	Friendships and Relationships	Self-Development
Cooking Exercise Substance Cleanliness Wellbeing Care Hygiene Diet	Banks Finance Income Payment Currency Investment Risks Costing	Accommodation House Chores Travelling Rights Support Responsibility Accountability	Enterprise Job Career Wages Experiences Skills Qualities Achievements	Community Intimacy Healthy Social Skills Online Partnership Consent Family	Progress Development Growth Targets Wellbeing Future Feelings Emotions

- 101 things to do at Penn Fields – Preparing for Adulthood**
- **Preparing**
 - **Visiting**
 - **Independence**
 - **Training**
 - **Practising**
 - **Responsibility**
 - **Developing**
 - **Progressing**

Qualifications & Progression



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Year 7 & Nurture	Friendships and Relationships – Friends and Family Friendship, How to be a good friend, My family, How to belong, Every kind of family, Practical skills.		Healthy Lifestyles – Personal Health and Hygiene Cleaning the body, Grooming the body, Products, Visiting a doctor, Dental hygiene, Visiting the dentist, Practical skills.		Employment – Benefits and Allowances Introduction, Benefits, Allowances, Practical Skills.	
	Healthy Lifestyles – Cooking and Nutrition The Eatwell plate, Nutritional needs, Sources and origins of food, Sugar choices, Shopping, Food waste, Practical skills.		Money and Budgeting – Incomings and Outgoings Introduction to money, Incomings, Outgoings, Budgeting, Practical Skills.		Self-Development – Target Setting Personal targets, Penn Fields targets, Post Penn Fields targets, Home targets, Social targets, Lifestyle targets, Practical Skills.	
Year 8	Self-Development – Strengths and Weaknesses Identifying strengths and weaknesses, Areas for self-development, Plan, Log of goals, Review, The future, Practical skills.		Self-Development – Motivation and Resilience Maslow’s hierarchy of needs, Motivation, Your motivation, Scenarios, Resilience, A metaphor, Why and how, Scenarios, Your resilience, Lifestyle choices, Practical skills.		Friendships and Relationships – Communities Introduction, Family, Friends, School, Diversity, Practical skills.	
	Healthy Lifestyles – Sleep and Exercise The importance of rest, Ways to be active, Benefits to the body, Ways to calm and relax, Screen time, Practical skills.		Employment – Skills and Qualities Skills, Qualities, Your interests, Personal skills, Identify the job, Practical skills.		Housing and Independent Living – Household Chores Washing up, Dusting and hoovering, Laundry, Dining, Bedding, Practical skills.	
Year 9	Friendships and Relationships – Online Safety Technology, Health and safety, People online, Secure websites, cyberbullying, Practical skills.		Money and Budgeting – Sources and Types of Money History of money, Where money comes from, Notes, Coins, Credit and debit cards, Cheques, Loans, Practical Skills.		Housing and Independent Living – Travel Training Introduction, Taxi, Car, Bus, Train, Practical skills.	
	Housing and Independent Living – Accommodation Types House, Flat, Bungalow, Caravan, Water houses, Practical skills.		Employment – Taxes and Wage Slips What is tax?, Working tax out, Wages, A wage slip, Practical skills.		Money and Budgeting – Bank Accounts Introduction, Current account, Savings account, Student/young person account, Opening an account, Joint account, Practical skills	