

**Penn Fields School**  
**Preparation for Adulthood – KS3**  
**Nurture**



KS3 Nurture Preparation for Adulthood timetabled lessons x 2 each week						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Friendships and Relationships – Friends and Family		Healthy Lifestyles – Personal Health and Hygiene		Friendships and Relationships – Healthy Relationships	
Year 2	Friendships and Relationships – Communities		Healthy Lifestyles – Sleep and Exercise		Healthy Lifestyles – Cooking and Nutrition	
Year 3	Healthy Lifestyles – First Aid		Housing and Independent Living – Household Chores		Money and Budgeting – Sources and Types of Money	

Developing Skills with SOLO taxonomy			
Initial	Multi	Relate	Extend
Define Identify Describe	Memorise Define Name Match Identify Label Recall Describe Outline List	Sequence Compare and contrast Explain effects Distinguish Question Classify Explain causes Analyse Organise	Generalise Evaluate Prove Justify Predict Reflect Argue Prioritise Construct 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 – Preparation for Adulthood**
- **Preparing**
  - **Visiting**
  - **Independence**
  - **Training**
  - **Practising**
  - **Responsibility**
  - **Developing**
  - **Progressing**

**Qualifications & Progression**



**Penn Fields School**  
**Preparation for Adulthood – KS3**  
**Nurture**



**KS3 Nurture Preparation for Adulthood timetabled lessons x 2 each week**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p style="text-align: center;">Friendships and Relationships – Friends and Family Friendship, How to be a good friend, My family, How to belong, Every kind of family, Practical skills.</p>		<p style="text-align: center;">Healthy Lifestyles – Personal Health and Hygiene Cleaning the body, Grooming the body, Products, Visiting a doctor, Dental hygiene, Visiting the dentist, Practical skills.</p>		<p style="text-align: center;">Friendships and Relationships – Healthy Relationships Relationships, Ways to behave in a relationship, Scenarios, Support and guidance, Practical skills.</p>	
Year 2	<p style="text-align: center;">Friendships and Relationships – Communities Introduction, Family, Friends, School, Diversity, Practical skills.</p>		<p style="text-align: center;">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</p>		<p style="text-align: center;">Healthy Lifestyles – Cooking and Nutrition The Eatwell plate, Nutritional needs, Sources and origins of food, Sugar choices, Shopping, Food waste, Practical skills.</p>	
Year 3	<p style="text-align: center;">Healthy Lifestyles – First Aid Bleeding, Bones and muscles, Breathing difficulties, Choking, Head injuries, Heart, Paediatric first aid, Seizures, Allergic reaction, Stroke, A first aid kit, An unresponsive casualty, Practical skills.</p>		<p style="text-align: center;">Housing and Independent Living – Household Chores Washing up, Dusting and hoovering, Laundry, Dining, Bedding, Practical skills.</p>		<p style="text-align: center;">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.</p>	