

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



KS3 Preparation for Adulthood timetabled lessons x 2 each week						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Friendships and Relationships – Friends and Family		Housing and Independent Living – Shopping		Healthy Lifestyles – Sleep and Exercise	
Year 8	Healthy Lifestyles – Personal Health and Hygiene		Friendships and Relationships – Online Safety		Self-Development – Mental and Emotional Wellbeing	
Year 9	Money and Budgeting – Sources and Types of Money		Housing and Independent Living – Human Rights		Friendships and Relationships – Online Safety	

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**



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Year 7	<b>Friendships and Relationships – Friends and Family</b> Friendship, How to be a good friend, My family, How to belong, Every kind of family, Practical skills.		<b>Housing and Independent Living – Shopping</b> What is shopping?, How shopping has changed over time, How shopping may change in the future, Places to shop, Practical skills.		<b>Healthy Lifestyles – Sleep and Exercise</b> The importance of rest, Ways to be active, Benefits to the body, Ways to calm and relax, Screen time, Practical skills	
Year 8	<b>Healthy Lifestyles – Personal Health and Hygiene</b> Cleaning the body, Grooming the body, Products, Visiting a doctor, Dental hygiene, Visiting the dentist, Practical skills.		<b>Friendships and Relationships – Online Safety</b> Technology, Health and safety, People online, Secure websites, cyberbullying, Practical skills.		<b>Self-Development – Mental and Emotional Wellbeing</b> Introduction, My identity and my life, Examples of Mental Health issues, Support available, Practical skills.	
Year 9	<b>Money and Budgeting – Sources and Types of Money</b> History of money, Where money comes from, Notes, Coins, Credit and debit cards, Cheques, Loans, Practical Skills.		<b>Housing and Independent Living – Human Rights</b> Introduction, Founding, The 30 rights, Scenarios, New human rights, Keywords, Practical skills.		<b>Friendships and Relationships – Online Safety</b> Technology, Health and safety, People online, Secure websites, cyberbullying, Practical skills.	