

LRB SCHEME OF WORK FOR KS3 COHORT 2022-2023

Health and Wellbeing						
Health and Wellbeing	Life Skills	PERSONAL SAFETY - We aim for all our students to develop functional skills for living so each of them is able to lead a fulfilling and substantially independent life. We recognise that for young people with autism every experience may provide a learning experience. Our approach to teaching functional skills and life skills is at the core of our curriculum where our framework can be taught within the programmes of study and the schemes of work. Recognising risky situations and how to manage them safely and how to get help. Looking at Keeping Safe online, Bullying, Safety in the home, Strangers and Road Safety.	KEEPING HEALTHY - Students will focus on health and wellbeing. They will learn about physical; emotional; and mental health and how to look after all three. They will also cover puberty and body changes. Recognising how to remain healthy through exercise, diet and well-being. Focus on cooking basic meals and looking at a balanced diet. Students will learn to cook eggs in a variety of ways, peel and cut vegetables and food and buy ingredients from the shop.	PERSONAL CARE - Building independent functional skills. Students will look at ways to keep clean and maintain good personal hygiene. Learn basic skills from washing up, ironing clothes and using a washing machine.	ROAD SAFETY AND COMMUNITY- Recognising how to be safe in the community when travelling and getting ready for independent travel. Students will visit places in the local community to practise road safety, shopping and sending mail.	LEISURE - Recognising different aspects of leisure and identifying ways and means to navigate and enjoy leisure activities. Students will take part in various leisure activities to encourage extra curricular hobbies and interests.
	PE	Students attend mainstream PE Sessions with their appropriate age group and follow departments scheme of work.	Students attend mainstream PE Sessions with their appropriate age group and follow departments scheme of work.	Students attend mainstream PE Sessions with their appropriate age group and follow departments scheme of work.	Students attend mainstream PE Sessions with their appropriate age group and follow departments scheme of work.	Students attend mainstream PE Sessions with their appropriate age group and follow departments scheme of work.

	Social Skills	<p>TASK PERFORMANCE (SELF CONTROL AND RESPONSIBILITY) - Students will learn and develop their social skills through modelling and role play. Students will learn how to make friendships and keep friendships. To develop their social skills ie. waiting their turn, eye contact, being relevant, using appropriate body language and volume. Able to avoid distractions and focus attention on the current task in order to achieve personal goals.</p>	<p>ENGAGEMENT WITH OTHERS (SOCIALIBILITY)- Students will learn about moral character including a focus on values, difference , respect and bullying. Able to approach others, both friends and strangers, initiating and maintaining social connections. This will be encouraged through role play, modelling, games and question and answer sessions.</p>	<p>OPEN MINDFULNESS (CURIOSITY AND TOLERANCE) - Students will look at tolerance and learn to be open to different points of view, values diversity, is appreciative of foreign people and cultures. This will be done through debate, sharing of opinions, modelling and roleplay.</p>	<p>EMOTIONAL REGULATION (STRESS AND EMOTION CONTROL) - Effective strategies for regulating temper, anger and irritation in the face of frustrations. Look at ways to reduce anger outbursts or frustration in a calming way. Effectiveness in modulating anxiety and able to calmly solve problems to reduce stress. Will look at 5 point scale, ways to self regulate and calm down activities.</p>	<p>COLLABORATION (EMPATHY) - Kindness and caring for others and their well-being that leads to valuing and investing in close relationships. Assuming that others generally have good intentions and forgiving those who have done wrong. Living in harmony with others and valuing interconnectedness among all people. Students will take part in discussions and be given tasks that encourage them to think of other peoples feelings and situations.</p>	<p>COMPOUND SKILLS (SELF EFFICACY) - The strength of individuals' beliefs in their ability to execute tasks and achieve goals. Students will be given a range of scenarios which encourage them to think for themselves and form their own opinions. Students will take part in role plays, debates, presentations and evaluations.</p>
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