



# Independent Living

## Years 10 and 11:

Independent Living is a course offered to a selected group of students during Key Stage 4. The course aims to equip students with basic life skills and the capabilities to live a healthy, safe life as an independent young person.

### In year 10

Entry Level 3 Certificate in Independent Living

Level 2 Award Food Safety.

The course covers:

- Food module
  - Food safety in catering
  - Kitchen hygiene
  - Household shopping
  - Making a simple meal
- Looking after yourself and your home
- Personal safety
- Looking after clothes
- Financial services
- Gardening for pleasure/hobbies
- Using public transport – buses/trains

As well, the students will cover aspects of PHSE such as self-advocacy, living in a diverse society, living in a Community, making choices, right and responsibilities

In year 11, the course is an Entry Level Diploma in **Using Employability Skills**. This is a wide ranging qualification that will prepare the students for the next stage of their life, whether it is college or apprenticeships. It covers such areas as:

- Building confidence and self esteem
- Dealing with problems in the workplace
- Decision making & following instructions
- Managing money
- Understanding a pay slip
- Interview techniques
- Travelling and looking the part for work
- Working with others.

There are also several sections that give students the opportunity to participate in a wide range of employment environments, giving them experience working as volunteers or working in an office, garage or care environment. They may practice working in horticulture, retail or in hospitality.

There is also an emphasis on using ICT, numeracy and reading and writing skills for the work place.

All the courses are portfolio based and there is a wide range of possible evidence that can be used to demonstrate the skills have been met.

The only exception is the *Food Safety in Catering award* which has an online test with multiple choice answers.

There will be a lot of practical elements to the course with visits off site to be undertaken in order to produce the best learning experience for the pupils.