## **LIFE SKILLS**

OVERALL AIM: To create a learning environment where pupils feel safe and secure, where they learn new skills that can be transferred into a home environment. We want pupils to be able to become independent and look after themselves later on in life.

**ACADEMIC** 

In Life Skills we promote an understanding of health and safety in the kitchen and how to transfer those skills into the home environment. Pupils will learn crucial skills to enable them to feed themselves now and in the future, along with an understanding of healthy eating.

Pupils learn to differentiate equipment to suit individual needs. They will be able to use and understand the importance of using the correct equipment for cleaning different areas of the home. We will develop their independent budgeting and planning skills for life. We encourage evaluation and testing of foods. Pupils will develop an understanding of why things may or may not have worked.



**SOCIAL** 

In Life Skills we promote healthy lifestyles and encourage pupils to overcome their fear of trying new activities that they would not try at home. We break down their barriers that prevent pupils trying new foods. By developing their life skills we build on their confidence and unlock their potential.

