

The Grove School

Preparation for Adulthood Curriculum

PFA THEMES	SKILLS, KNOWLEDGE & EXPERIENCE	ASSESSMENT PROCESSES
Health	<ul style="list-style-type: none"> -Emotional recognition and regulation -Positive mental health and resilience -Communicating with others -Healthy lifestyle including diet, exercise, relaxation -Self-care and personal hygiene -Relationships and friendships -Sexual health education -Sensory regulation -Online gaming and technology and staying safe 	<ul style="list-style-type: none"> -MAPP -B Squared -I can statements -Exams if appropriate -ASDAN qualifications/awards programmes internal and external moderation
Independent Living	<ul style="list-style-type: none"> -Making independent choices/preferences -Travel training -Shopping and money skills -Self-care -Household life skills -Cooking: menu planning, food prep, storage -Managing income, expenditure and budgeting -Health and safety in the home -Completing application forms -Functional reading/reading for enjoyment -Critical thinking and problem solving 	<ul style="list-style-type: none"> -MAPP -B Squared -I can statements -Exams if appropriate -ASDAN qualifications/awards programmes internal and external moderation
Community Inclusion	<ul style="list-style-type: none"> -Business and Enterprise Skills projects -Hobbies and interests -Developing positive and safe friendships and relationships in the local community -Staying safe in the community -Use of local amenities ie. library/leisure centre -Volunteering in local charities/community groups -Fundraising for local charities -Functional reading and writing -Managing social media -Teamwork and collaboration 	<ul style="list-style-type: none"> -MAPP -B Squared -I can statements -Exams if appropriate -ASDAN qualifications/awards programmes internal and external moderation
Employment	<ul style="list-style-type: none"> -Business and Enterprise Skills projects -Exploring post-school options -Person-centred planning/Career Guidance -Making telephone calls -Composing and sending emails -Functional writing including: applications, CV, letters -Work experience opportunities -Developing strengths and skills -Completing job application forms -Development of a C.V. -Interviewing skills -Personal appearance -Learning resilience and work ethic -Time skills and management -Money skills and management -Computing skills 	<ul style="list-style-type: none"> -MAPP -B Squared -I can statements -Exams if appropriate -ASDAN qualifications/awards programmes internal and external moderation