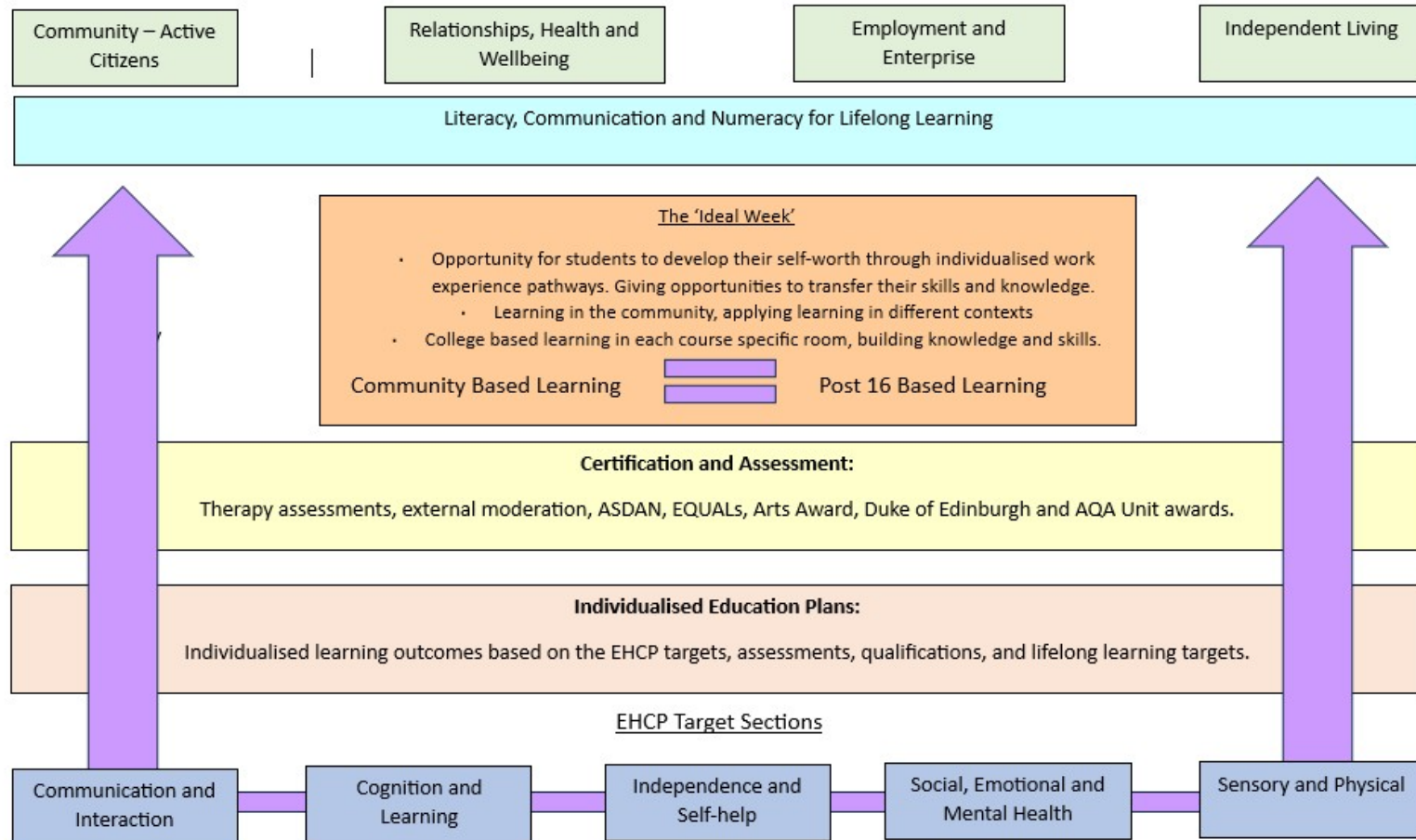


## Quayside School Post 16 Independence & Life Skills Curriculum 2026 – 2028

Learning, developing, engaging, participating, creating, exploring, interacting and having the best life possible.

### Post 16 Curriculum Outline





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Quayside School's Post 16 Independence and Life Skills Curriculum lays the foundation for students' transition into increased independence and engagement with the wider community. The curriculum is delivered through the following six strands:

- Literacy for Life
- Mathematics
- Community Active Citizens
- Relationships, Health, and Wellbeing
- Enterprise
- Independent Living

We provide an engaging and personalised curriculum that supports students in boosting their self-esteem and understanding their role within our school and the broader community. Reading is tailored to each student's needs, with integrated programs such as Sight Reading, Phonics, and Symbol-Based Daily Life Reading. EHCPs are utilised to ensure the curriculum aligns with students' specific needs and goals.

We believe that every work experience should be purposefully chosen, ensuring students not only succeed but also find genuine job satisfaction. Through careful selection and guidance from both students and their education and care teams, we foster an environment where students can thrive, gain valuable skills, and develop a sense of fulfilment in their chosen paths.

In Post 16, our students have the opportunity to engage in accredited learning programmes tailored to their intended pathways. These include, but are not limited to:

- English: Functional Skills Programmes (Entry Level 1-3) and up to Level 5.
- Mathematics: Functional Skills Programmes (Entry Level 1-3).



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- Physical Education: Swimming, Duke of Edinburgh, optional sports, and more.
- Career and Volunteering Options: Photography, Art, Food Technology, Sports, Hair & Beauty, Teaching, Administration, and other personal interests identified by students.
- Communication: Tools such as communication devices to support non-verbal students, e.g. the 'Speak for Yourself' AAC application
- AQA Unit Awards courses which give students formal recognition of their success in short courses linked to their interests.

### Exam boards that we use include:

Students are accredited for their work across the curriculum through a range of sources such as ASDAN, Equals 'Moving On', AQA, Arts Award, Science Award and Open Awards.

2024 - 2025			
Subject Area	Term 1	Term 2	Term 3
Literacy for Life	<p><b><u>Expressing a Need or Emotion</u></b></p> <p>Acquire the skill to use symbols, signs, or words to identify a wider range of emotions and express them, incorporating the Zones of Regulation framework to foster the development of self-regulation skills.</p> <p>Develop the skill to utilise symbols, signs, or words to express a need or want, applicable in everyday life</p>	<p><b><u>Symbols and Signs in the Community</u></b></p> <p>Acquire the ability to recognise and associate symbols commonly found in the community, such as restroom signs, no-entry signs, and traffic signs, to develop greater independence in daily living skills.</p> <p>Apply reading skills to access the community more effectively.</p>	<p><b><u>Community Communication</u></b></p> <p>Develop the skill to craft simple social scripts for common community interactions to improve confidence and promote independence.</p> <p>Enhance communication skills and confidence when interacting with unfamiliar individuals.</p>



	situations to enhance communication.	Explore likes and dislikes by recognising retail, leisure, health, and travel logos, in turn, identifying the products or services offered by each.	
Maths	<b><u>Understanding Money</u></b>  Gain an understanding of the basics of money and its significance in daily life. Explore methods of payment, its various forms, and understand its importance in meeting both personal and community needs.	<b><u>Planning and Budgeting</u></b>  Develop skills to understand the purpose of a bank and make informed choices regarding financial matters by researching the role of banks and the identification necessary for opening an account.  Enhance budgeting skills through discussions on money management techniques and explore the concept of savings accounts.	<b><u>Using Money in the Community</u></b>  Develop the skills and basic knowledge necessary to carry money safely when in the community.  Gain awareness of available services.  Develop understanding in using a variety of payment methods within the local community to enhance ownership and exchange skills.
Community - Active Citizens	<b><u>Understanding Community</u></b>  Develop understanding of the school and the wider local community.  Build an understanding of the various people that contribute to a diverse and functioning community by exploring their roles, interactions, and significance.	<b><u>Community Engagement</u></b>  Extend ability to work effectively with others towards shared goals by participating in collaborative projects aimed at benefitting the community.	<b><u>Respecting Differences</u></b>  Understand and respect diverse differences within the schools local community.



Relationships, Health and Wellbeing	<p><b><u>Personal Hygiene</u></b></p> <p>Understand basic hair care routines and grooming practices.</p> <p>Develop a daily hygiene routine for maintaining a healthy body.</p> <p>Acquire the skills to select appropriate clothing for different occasions, considering factors such as weather, venue, and cultural norms.</p>	<p><b><u>Relationships</u></b></p> <p>Enhance interpersonal communication skills and facilitate meaningful conversations across different social situations.</p> <p>Develop self-discovery to enhance well-being.</p> <p>Understand the concept of consent in relationships to understand respecting boundaries, developing healthy and respectful interactions with others and privacy.</p>	<p><b><u>Wellbeing</u></b></p> <p>Build understanding of empathy to improve relationships with others, developing the ability to recognise and understand different emotions in others.</p> <p>Develop healthy ways to express and communicate emotions.</p> <p>Learn effective coping strategies for managing stress and overwhelming emotions to develop resilience.</p>
Creativity and Enterprise	<p><b><u>Introduction to Different Art Forms</u></b></p> <p>To recognise artistic strengths through exploring different art forms.</p>	<p><b><u>Art Techniques</u></b></p> <p>Develop artistic techniques whilst also enhancing self-expression.</p>	<p><b><u>Introduction to Entrepreneurship</u></b></p> <p>Develop understanding of basic business concepts such as buying, selling, and customer service. Develop problem-solving, creativity, and adaptability skills through guided projects suitable for sale.</p>
Independent Living	<p><b><u>Basic Cooking Techniques</u></b></p> <p>Develop understanding of kitchen safety measures and responsible behaviour in food preparation environments.</p>	<p><b><u>Budgeting</u></b></p> <p>To develop an understanding of budgeting to increase independence.</p>	<p><b><u>Road Safety and Awareness</u></b></p> <p>Develop awareness of pedestrian safety and a general understanding of traffic rules and regulations.</p>

	Gain an understanding and follow simple recipes to develop essential cooking skills.		
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2025 - 2026			
Subject Area	Term 1	Term 2	Term 3
Literacy for Life	<p><b><u>Reading in the Community</u></b></p> <p>Make informed decisions in the community by developing the reading and writing skills necessary to plan weekly schedules.</p> <p>Develop an understanding of recording information in the community using lists and symbols.</p>	<p><b><u>Writing Information and Following Instructions</u></b></p> <p>Develop the ability to write, create, or identify one's own personal information to enhance safety.</p> <p>Develop understanding of sequencing instructions and steps of a basic task to foster problem-solving and reasoning skills.</p>	<p><b><u>Finding information</u></b></p> <p>Develop basic skills using the internet to find information.</p> <p>Understand that non-fiction texts provide information and can assist us in accessing community activities and events.</p>
Maths	<p><b><u>Understanding Money</u></b></p> <p>Develop the skills necessary for exchanging money for goods and services.</p> <p>Develop an understanding of budgeting to make contributions to charity.</p>	<p><b><u>Planning and Budgeting</u></b></p> <p>Explore the importance of saving money for future needs or goals (needs and wants).</p> <p>Develop an understanding of the basic concepts of tracking expenses.</p>	<p><b><u>Using Money in the Community</u></b></p> <p>Develop financial literacy skills to understand the value of money.</p> <p>Develop an awareness of time to support travel training, to enhance community independence.</p>



Community Active Citizens	<p><b><u>Understanding Community</u></b></p> <p>To be an active citizen by engaging in community events.</p> <p>Learn about the different types of spaces and facilities available within the local community.</p>	<p><b><u>Community Participation</u></b></p> <p>Develop organisational skills by creating a visual calendar of local community events, including dates, times, and locations.</p> <p>Enhance decision-making skills by selecting and prioritising community events based on personal interests, availability, and relevance to community connections.</p>	<p><b><u>Respecting Difference</u></b></p> <p>Understand how culture influences food, music, and art.</p> <p>To understand how national events have influenced our culture.</p>
Relationships, Health and Wellbeing	<p><b><u>Personal hygiene</u></b></p> <p>To understand the importance of laundering clothes linked to personal hygiene.</p> <p>Develop the ability to categorise clothes based on colours, fabrics, and care instructions to ensure proper laundering practices.</p> <p>Identify and apply basic clothing repair techniques, to extend the lifespan of garments and promote sustainability.</p>	<p><b><u>Relationships</u></b></p> <p>Understand how active listening skills and engaging in shared conversation is important to gain a better understanding.</p> <p>Understand the concepts of appropriate touch and personal space, respecting boundaries and promoting respectful interpersonal relationships.</p> <p>Understand the importance of giving and receiving consent in various contexts, such as social interactions, relationships, and</p>	<p><b><u>Wellbeing</u></b></p> <p>Understand the impact of balanced nutrition on overall health, including the role of nutrients in supporting bodily functions.</p> <p>To plan and create a balanced and nutritious meal that meets dietary needs and preferences.</p> <p>Understand how different foods can affect mood and overall wellbeing.</p>

		physical contact.	
Enterprise	<u><b>Portfolio Development</b></u> Understanding own and other strengths and weaknesses to promote effective teamwork and completion of a task.	<u><b>Marketing and Branding</b></u> To develop an understanding of branding concepts. Understand how advertising influences buyers' choice.	<u><b>Collaborative Projects</b></u> Gain practical experience in marketing and sales by selling the items created at an event.
Independent Living	<u><b>Meal Planning and Preparation</b></u> Further enhance kitchen independence by practicing additional techniques. Plan a weekly menu and create a chosen meal, developing an understanding of shelf life.	<u><b>Developing Interests</b></u> Develop an understanding of recreational activities. Understand the budget and organisation needed for the recreational activity.	<u><b>Navigating Public Transportation</b></u> To understand where to find travel information and use this to support increased independent travel. Engage in planning trips using different modes of transportation and timetables to develop an understanding of social rules and etiquette.

2026- 2027			
Subject Area	Term 1	Term 2	Term 3
Literacy for Life	<u><b>Reading in the community</b></u> To develop understanding of budgeting and organisational skills	<u><b>Reading for pleasure and reading for information</b></u> Acquire knowledge of different reading materials and types of	<u><b>Community</b></u> Develop a variety of ways of communicating with others to



	<p>to enhance understanding around community buildings and spaces.</p> <p>To develop narrative writing detailing events, activities, feelings and thoughts.</p>	<p>texts to identify books of interest and develop reading for pleasure.</p> <p>Enhance research skills needed to gather information and broaden knowledge.</p> <p>Develop the ability to identify different methods of recording information, such as written language, symbols, and visuals.</p>	<p>broaden written communication methods.</p> <p>Develop travel training within the local community, to enhance confidence and understand what to do when things go wrong.</p>
Maths	<p><b>Understanding Money</b></p> <p>Enhance skills within budgeting to help make informed purchasing decisions</p> <p>To be able to identify the differences between needs and wants, enhancing skills for increased independent living and budgeting.</p>	<p><b>Planning and Budgeting</b></p> <p>To understand decision-making skills related to money and the consequences of purchase choices.</p> <p>Discuss the connection between needs, budgeting, and making financial decisions.</p> <p>Develop the understanding of how budgeting helps ensure that money is allocated for essential needs before wants.</p>	<p><b>Using Money in the Community</b></p> <p>To understand the role of local businesses and services in the community.</p> <p>Extend the ability to use money to support travel training within the community.</p> <p>Develop independence when completing purchases linked to daily life activities.</p>
Community Active Citizens	<p><b>Understanding Community</b></p> <p>Display understanding of the local community, why it is important and the impact it can have on individuals.</p>	<p><b>Community Participation</b></p> <p>To develop the knowledge of volunteer opportunities, giving back to the community.</p>	<p><b>Community Diversity</b></p> <p>Develop the knowledge of how diversity can enrich a community.</p> <p>Develop the skills needed to plan and facilitate a community event</p>



	Understand the purpose and roles of various community members.	Secure understanding of how contributing to the community has a positive impact in the community.	including knowledge of diverse needs
Relationships, Health and Wellbeing	<p><b>Personal hygiene</b></p> <p>Understand the impact of diet on oral health, the importance of limiting sugary drink, and identifying common signs of dental issues.</p> <p>Develop the skills to seek professional help for health needs</p>	<p><b>Relationships</b></p> <p>Develop strategies to express and manage emotions of yourself and others.</p> <p>Understand the impact of emotions on relationships and overall wellbeing.</p> <p>Develop the awareness of public and private acts and displays of affection</p>	<p><b>Wellbeing</b></p> <p>Understand why a healthy sleep routine is important for mental health and wellbeing.</p> <p>Understand the factors that may affect sleep quality.</p> <p>Understand the impact of different substances on physical and mental health.</p>
Enterprise	<p><b>Specialised Art Project</b></p> <p>To gain collaboration, artistic and communication skills to work with local professionals for masterclasses or workshops.</p>	<p><b>Professional Exhibitions</b></p> <p>Develop skills in planning, promotion, and execution of the event.</p>	<p><b>Entrepreneurial Projects</b></p> <p>Acquire business skills and knowledge needed to complete a practical project, and gain understanding around market research.</p>
Independent Living	<p><b>Nutrition and Healthy Eating</b></p> <p>Understand the importance of a balanced diet for overall health.</p> <p>Understand the different food groups.</p>	<p><b>Online and In-Person Transactions</b></p> <p>Acquire skills to understand how to safely conduct online transactions.</p> <p>Develop the ability to make in person transitions and handling change.</p>	<p><b>Trip Planning</b></p> <p>Develop skills needs to plan and complete an independent trip.</p> <p>Develop problem-solving skills in case of unexpected changes or challenges during travel.</p>



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	Develop knowledge of special dietary requirements and allergies including cultural practices.		
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