

Year 13

Timing	Unit Title	Key Question	Knowledge	Assessing Understanding
Autumn	Moving towards independence	<ul style="list-style-type: none"> ● What do I need to know about how it first feels to be at University? ● How do I look after my wellbeing/ work life balance? 	<ul style="list-style-type: none"> ● Information about the emotions involved in going to University for the first time. Ex-Tiffin students coming in to speak to Year 13 ● A rolling programme of: <ul style="list-style-type: none"> ○ cooking for university/ maintaining healthy diet on a budget ○ using a washing machine ○ Book club- reading for pleasure ○ knitting/ crochet-creative project ○ financial planning for University ○ yoga ○ self-defence. 	<ul style="list-style-type: none"> ● Participation in the rolling programme- assessing understanding not applicable
Spring	Moving towards independence	<ul style="list-style-type: none"> ● How do I look after my wellbeing/ work life balance? 	<ul style="list-style-type: none"> ● A rolling programme of: <ul style="list-style-type: none"> ○ cooking for university/ maintaining healthy diet on a budget ○ using a washing machine ○ reading for pleasure ○ knitting/crochet creative project ○ financial planning for University ○ yoga ○ self-defence. 	<ul style="list-style-type: none"> ● Participation in the rolling programme- assessing understanding not applicable

Summer	Moving towards independence	<ul style="list-style-type: none">● What are some simple techniques I can use to protect myself and others?	<ul style="list-style-type: none">● Self-defence lessons	Participation in the rolling programme- assessing understanding not applicable
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