

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 1st time. Info on the transition to Uni- understanding Fresher's Flu, Meningitis, Alcohol Poisoning • 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 	<ul style="list-style-type: none"> • Participation in the rolling programme- assessing understanding not applicable

			<ul style="list-style-type: none">○ Yoga○ Self defence	
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