

Year 13

Timing	Unit Title	Key Question	Knowledge	Assessing Understanding
Autumn	Moving towards independence	• 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?	• 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: ○ 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	• Participation in the rolling programme- assessing understanding not applicable
Spring	Moving towards independence	• How do I look after my wellbeing/ work life balance?	• A rolling programme of: ○ Cooking for university/ maintaining healthy diet on a budget ○ Using a washing machine ○ reading for pleasure ○ Knitting/crochet creative project ○ Financial planning for University	• Participation in the rolling programme- assessing understanding not applicable

			○ Yoga ○ Self defence	
Summer	Moving towards independence	● What are some simple techniques I can use to protect myself and others?	● Self defence lessons	Participation in the rolling programme- assessing understanding not applicable