



Preparation for Adulthood

Life and Living Skills

At Robert Ogden School, pupils are encouraged to develop their levels of independence through increasing their knowledge and skills that they require in order to manage their lives, now and in the future. These essential life skills are embedded in the entire ethos of the school, and pupils are given a wide variety of opportunities to establish appropriate skills and routines to help them maintain greater levels of independence moving into adult life.

Across all areas of school, pupils are taught the key concepts and skills through both explicit and implicit learning opportunities and experiences. This includes, as part of formal PSHE/ Life Skills lessons as well as through all aspects of daily routine, using incidental learning opportunities to develop skills such as self-care, personal hygiene and meal/drink preparation. Skills are also developed using cross-curricular links, developing numeracy skills linked in with money management and literacy skills such as being able to read and understand instructions and recipes. In addition, pupils will have access to opportunities away from the school site, developing independence skills in context, through real life experiences and opportunities, increasing levels of independence in relation to individual pupils' specific developmental needs.

The main areas of focus may differ between each pupil and their individual needs but may include the following –

- Cooperating with others
- Exploration of food and cookery skills.
- Finance and money management.
- Skills for developing independence in the wider community eg: travel training or planning and accessing leisure activities.
- Safety – at home, school, online and in the community eg: road safety.
- Personal care and hygiene.
- Staying healthy – healthy eating and being able to access and tolerate medical care with greater independence.
- Household routines eg: making own bed, cleaning clothes and home.