

## POST 16 Skills for Life – Curriculum Overview



A MEMBER OF

**Greywood**  
Multi-Schools Trust



**QUEENSCROFT**  
CELEBRATING INDIVIDUAL SUCCESS

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Employment and Careers</b>	105164 PREPARING AND PARTICIPATING IN A CHRISTMAS GIFT SALE	108050 OFFICE SKILLS: USING A PHOTOCOPIER WITH ASSISTANCE	110724 MAKING INFORMED CAREER CHOICES		108547 GROUP ACTIVITIES: WORKING TOGETHER FOR AN ENTERPRISE PROJECT	
<b>Independent Living</b>	70482 MONEY MANAGEMENT: SAVING AND SPENDING ON A SHOPPING TRIP	114275 BASIC HOUSEHOLD CLEANING	105172 LEARNING JOURNEYS	70144 DEVELOPING SOCIAL AND COMMUNICATION SKILLS IN GROUP WORK	115502 USING A JET WASHER	
<b>Good Health</b>	108277 INTRODUCTION TO MANAGING STRESS	111748 INTRODUCTION TO MINDFULNESS	74977 YOGA	111514 HEALTHY EATING AND A HEALTHY LIFESTYLE	113786 WALKING (UNIT 3)	
<b>Friends and the Community</b>	110848 RELATIONSHIPS AND STAYING SAFE	105546 INTRODUCTION TO DIVERSITY AND DISCRIMINATION	113221 VOLUNTEERING IN A CHARITY SHOP		115594 MAKING A POSITIVE CONTRIBUTION TO THE COMMUNITY	110411 RECOGNISING FEELINGS AND EMOTIONS BASED ON THE FILM 'INSIDE OUT'