

## SSSC Life Skills Overview

There are different strands within our Life Skills curriculum. These strands take place on a two-weekly cycle. Below shows the strands for each class. Please note these are not in order of their coverage.

[illegible]

Year 10 Blue	<b>Personal Development</b>	<b>Home Management</b>	<b>Functional/ Personal Skills</b>	<b>First Aid</b>	<b>Hobbies</b>	<b>Travel and Shopping</b>	<b>Food Skills (Food Technology Room)</b>	<b>PE Enrichment</b>	<b>Bikeability</b>	Creative Explorers	Qualification King's Trust or ASDAN
Year 10 Yellow	<b>Personal Development</b>	<b>Home Management</b>	<b>Functional/ Personal Skills</b>	<b>First Aid</b>	<b>Hobbies</b>	<b>Travel and Shopping</b>	<b>Food Skills (Food Technology Room)</b>	<b>PE Enrichment</b>	<b>Bikeability</b>	Creative Explorers	Qualification King's Trust or ASDAN
Year 11	<b>Personal Development</b>	<b>Home Management</b>	<b>Functional/ Personal Skills</b>	<b>First Aid</b>	<b>Hobbies</b>	<b>Travel and Shopping</b>	<b>Food Skills (Food Technology Room)</b>	<b>PE Enrichment</b>	<b>Bikeability</b>	Creative Explorers	Qualification King's Trust or ASDAN