

Ind+ / QOL Long Term Curriculum Map

Key Stages	Ind+ Options
Key Stage 1	1A – Cooking 1C – Self Care 5A – Relationships 5B – Conversations 5C – Friendships 7C – School Day 8A – Where I live, work and learn 8B – Taking responsibility for myself 8C – When out and about 9A – Understanding myself 9B – My Health needs 9C – Emotional and sensory regulation 9D – Healthy mind and body 10A – Getting myself around now
Key Stage 2	1A – Cooking 1C – Self Care 5A – Relationships 5B – Conversations 5C – Friendships 6D – Managing my belongings 7C – School Day 8A – Where I live, work and learn 8B – Taking responsibility for myself 8C – When out and about 8D – Keeping Safe Online 9A – Understanding myself 9B – My Health needs 9C – Emotional and sensory regulation 9D – Healthy mind and body 10A – Getting myself around now 10B – Public Transport
Key Stage 3	1A – Cooking 1D – Shopping 2A – Cleaning 2D – Green Living 3A – Choosing next steps 5A – Relationships 5B – Conversations 5C – Friendships 6A – Understanding time 6D – Managing my belongings 7A – Immediate community 7B – Extra curricular activities 7C – School Day 7D – Wider community 8A – Where I live, work and learn 8B – Taking responsibility for myself 8C – When out and about 8D – Keeping Safe Online 9A – Understanding myself 9B – My Health needs 9C – Emotional and sensory regulation 9D – Healthy mind and body 10A – Getting myself around now 10B – Public transport
Key Stage 4	1A – Cooking 1D – Shopping

	<p>2A – Cleaning 2D – Green Living 3A – Choosing next steps 3B – Applying for next steps 3C – Interviews 3D – Work ready 4A – Money 4B – Banking 5A – Relationships 5B – Conversations 5C – Friendships 5D – Sexual Relationships 6A – Understanding time 6B – Time Management 6C – Self study 6D – Managing my belongings 6A – Immediate community 7B – Extra curricular activities 7C – School day 7D – Wider community 8A – Where I live, work and learn 8B – Taking responsibility for myself 8C – When out and about 8D – Keeping Safe Online 9A – Understanding myself 9B – My Health needs 9C – Emotional and sensory regulation 9D – Healthy mind and body 10A – Getting myself around now 10B – Public transport 10C (Y11) – My own transport</p>
Key Stage 5	All areas available Inc 10D international travel

**Independence plus themes can be taught by addressing individual areas of need, options available for each key stage are noted above and plans are created termly on mid term planning. Each term the area is linked to 1 AQA unit award which can be found here: [AQA | Programmes | Unit Award Scheme | Units](#)*