

## Preparation for life intent

At Wargrave House School, our bespoke **Preparation for Life** curriculum is designed to empower learners with Special Educational Needs (SEN) by equipping them with the essential skills and knowledge required for a fulfilling and independent adulthood. Rooted in **Preparation for Adulthood** principles, our curriculum focuses on **Independent Living, Good Health, Employability, and Friends, Relationships & Community**, ensuring that all learners can thrive both now and in the future.

We recognise that each learner has unique needs, aspirations, and challenges. Our curriculum is highly personalised to support the **Education, Health, and Care Plan (EHCP) outcomes**, fostering independence, confidence, and resilience. Through a **holistic and practical approach**, we provide real-life experiences, structured teaching, and tailored interventions to develop essential life skills, communication strategies, and emotional regulation techniques.

Key aims of the curriculum include:

- ✔ **Independent Living** – Developing self-care, home management, financial awareness, and travel skills to promote autonomy.
- ✔ **Good Health** – Supporting physical and mental well-being through personal hygiene, healthy lifestyle choices, and emotional resilience strategies.
- ✔ **Employability** – Encouraging confidence in the workplace through teamwork, problem-solving, and vocational experiences.
- ✔ **Friends, Relationships & Community** – Building meaningful relationships, understanding personal safety, and fostering active community participation.

By embedding **communication strategies, sensory regulation techniques**, and **autism-friendly practices**, we ensure that learners feel supported and prepared for the transition into adulthood. Our approach fosters **confidence, independence, and well-being**, enabling every learner to achieve their **personal aspirations and potential** in a safe and nurturing environment.

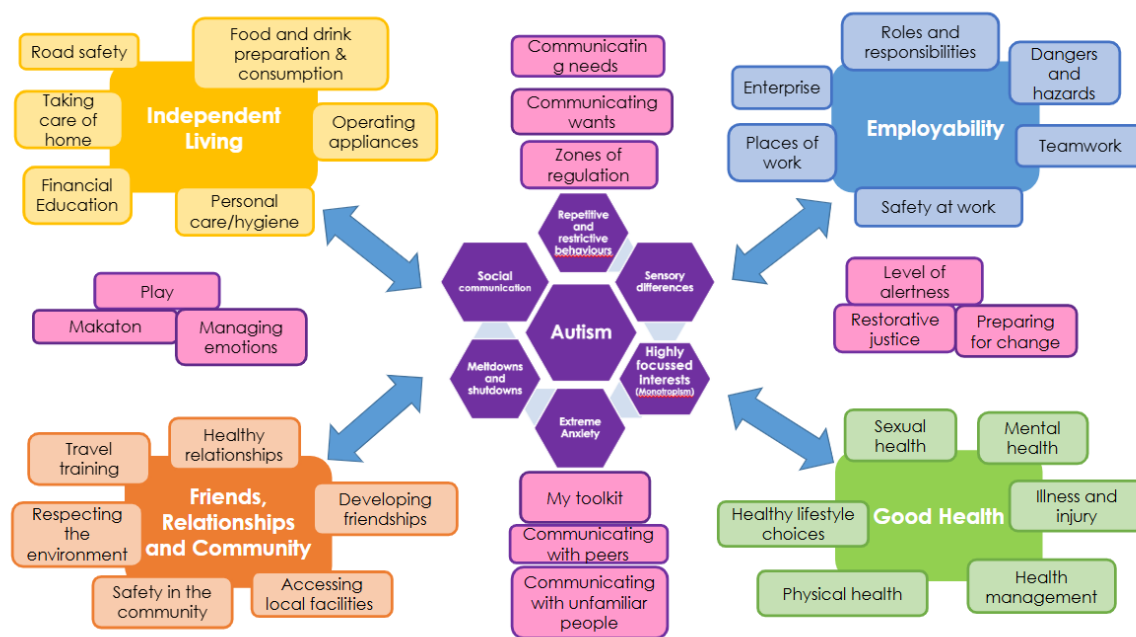
## Implementation

### KS1-4

All our learners from KS1-4 access preparation for life content and delivery both explicitly and intricately throughout the whole curriculum on a weekly basis. Staff and learners identify the focus areas linked to EHCP targets and

personal goals and aspirations. At the end of each half term, staff and learners reflect on their journey and achievements and this is logged and analysis through our bespoke school assessment system called SOLAR. This is shared at parents' evenings, progress meetings and annual reviews.

These are the key content areas in each preparation for life category:



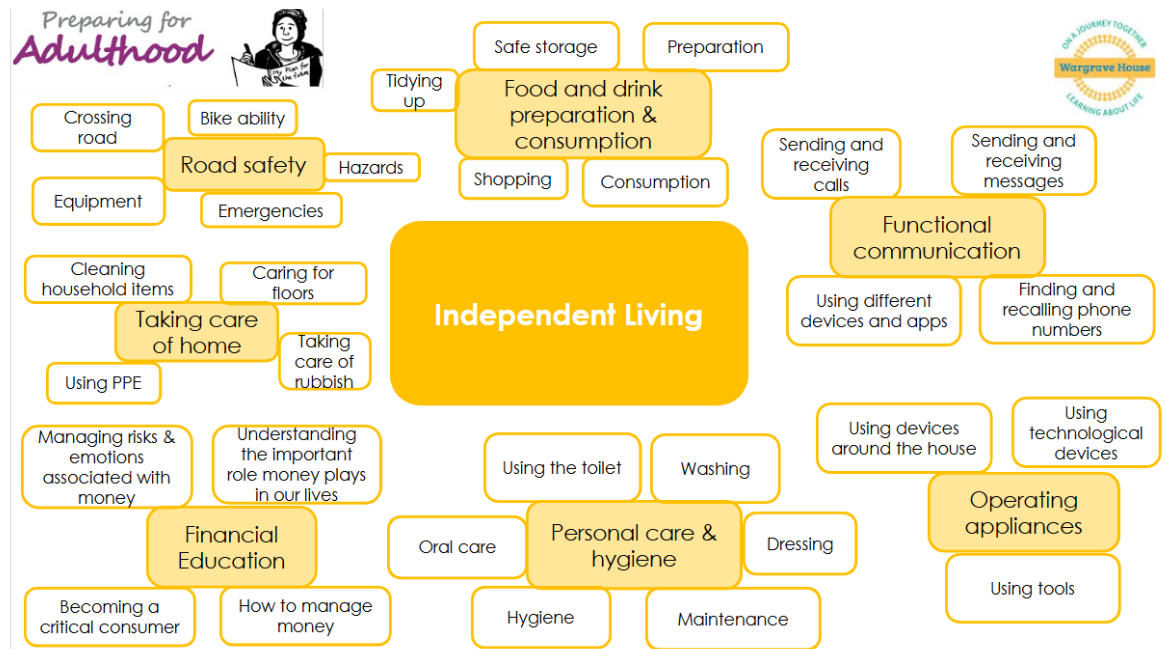
Each category has a plethora of learning overviews for learners to access in a personalised and timely manner:

### *Independent living skills*

Key areas covered include:

- ✔ **Personal Care & Hygiene** – Washing, dressing, oral health, using PPE, and maintaining self-care routines.
- ✔ **Home Management** – Cleaning, tidying, food preparation, operating appliances, and managing household waste.
- ✔ **Financial Education** – Managing money, understanding transactions, budgeting, and becoming a critical consumer.
- ✔ **Travel Training** – Road safety, crossing roads, using public transport, and following directions.
- ✔ **Safety & Risk Awareness** – Identifying hazards, responding to emergencies, and managing personal safety.
- ✔ **Functional Communication** – Using devices, sending messages, making calls, and engaging with the wider community.

Each element of the curriculum is **highly practical and experiential**, providing learners with **real-world scenarios** that promote autonomy, problem-solving, and decision-making.

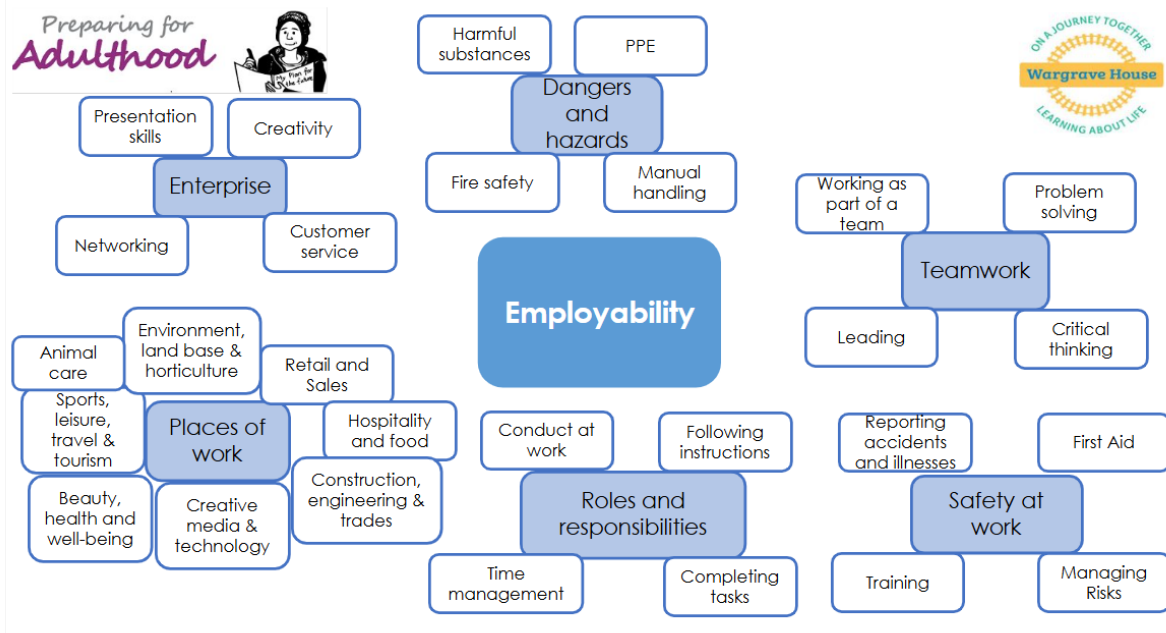


## Employability

Key areas of learning include:

- ✔ **Personal Care & Hygiene** – Washing, dressing, oral care, using PPE, and maintaining personal routines.
- ✔ **Home Management** – Cleaning, tidying, food preparation, operating household appliances, and waste management.
- ✔ **Financial Education** – Budgeting, managing money, understanding transactions, and becoming a critical consumer.
- ✔ **Travel Training** – Road safety, crossing roads, using public transport, and following directions.
- ✔ **Safety & Risk Awareness** – Identifying hazards, responding to emergencies, and ensuring personal safety.
- ✔ **Functional Communication** – Using devices, sending messages, making calls, and engaging in community interactions.

This curriculum is **highly practical and personalised**, ensuring that all learners develop the skills required for greater independence and self-reliance in adulthood.

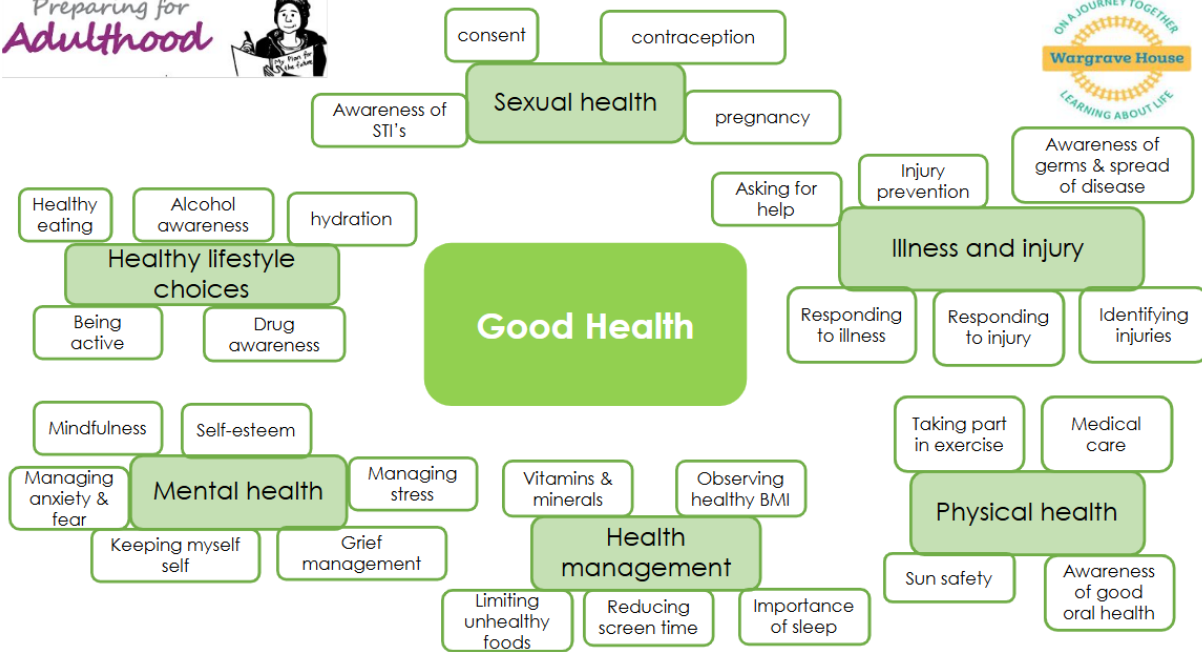


### Good Health

Key areas covered include:

- ✔ **Physical Health** – Personal hygiene, illness and injury prevention, medical care, and sun safety.
- ✔ **Healthy Lifestyle Choices** – Nutrition, hydration, physical activity, and sleep hygiene.
- ✔ **Mental Health & Well-being** – Self-esteem, managing stress and anxiety, mindfulness, and grief support.
- ✔ **Sexual Health & Relationships** – Consent, contraception, pregnancy awareness, and recognising healthy relationships.
- ✔ **Substance Awareness & Safety** – Alcohol and drug awareness, harmful substances, and first aid.
- ✔ **Disease Prevention & Hygiene** – Understanding germs, limiting screen time, and observing a healthy BMI.

The curriculum is delivered through **engaging, practical, and age-appropriate activities**, ensuring students develop the confidence to manage their own health and well-being.

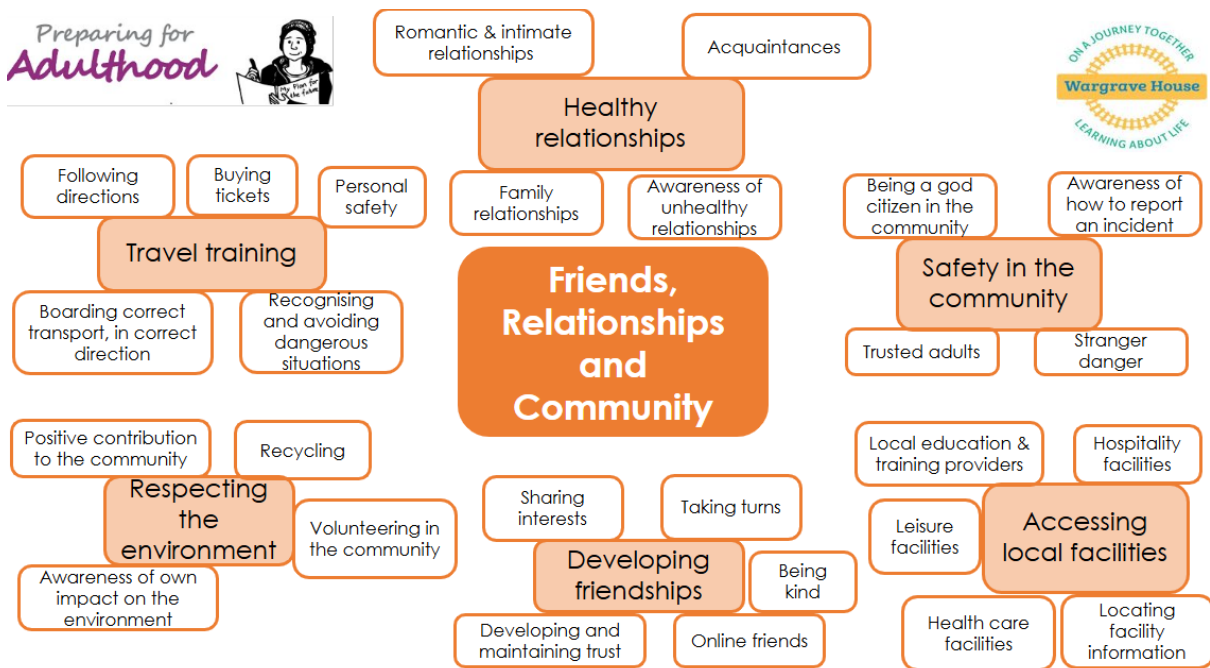


### *Friends, relationships and community*

Key areas covered include:

- ✔ **Developing Friendships** – Understanding social cues, turn-taking, and sharing interests.
- ✔ **Healthy Relationships** – Identifying positive relationships, respecting boundaries, and recognising unhealthy behaviours.
- ✔ **Community Engagement** – Accessing local facilities, volunteering, and understanding citizenship responsibilities.
- ✔ **Personal Safety** – Stranger danger, recognising unsafe situations, and reporting concerns.
- ✔ **Travel Training** – Using public transport, buying tickets, and following directions.
- ✔ **Online & Social Media Awareness** – Managing online friendships, staying safe on social platforms, and understanding digital etiquette.
- ✔ **Romantic & Intimate Relationships** – Understanding consent, safe relationships, and personal boundaries.

This curriculum ensures that learners develop the skills necessary to **navigate social interactions confidently, build trust, and form positive connections** that enrich their personal and community life.



## Enrichment

### *Enrichment through Therapy Support*

The Preparation for life curriculum is enhanced through **multidisciplinary therapy support**, ensuring that learners receive targeted interventions to develop key skills effectively.

◆ **Occupational Therapy (OT)** – Supports learners with fine motor skills (e.g., using appliances, dressing, hygiene), sensory regulation, and adapting environments for greater independence.

◆ **Occupational Therapy (OT)** – Helps students **build confidence in social settings** by developing independence, managing sensory challenges, and adapting to unfamiliar environments.

◆ **Speech and Language Therapy (SaLT)** – Focuses on **functional communication**, developing the ability to express needs, follow instructions, and engage in social interactions. Makaton and alternative communication methods are embedded where needed.

◆ **Speech and Language Therapy (SaLT)** – Supports learners in **understanding social norms**, developing conversation skills, and using tools like Makaton for effective communication.

◆ **Physiotherapy** – Ensures that learners develop mobility and coordination skills essential for daily tasks such as dressing, cooking, and travel training.

◆ **Emotional Well-being Support** – Uses **Zones of Regulation** strategies, role-playing scenarios, and emotional literacy interventions to help learners **understand feelings, manage anxiety, and respond appropriately in social interactions**.

◆ **Personal, Social, Health and Economic (PSHE) Support** – Supports learners in **understanding relationships, consent, and online safety**, equipping them with knowledge to navigate both in-person and digital social spaces.

### *Enrichment through School Events & Community Integration*

To reinforce and apply Independent Living skills, we integrate learning into **school-wide events** and **community-based experiences**, including:

★ **Enterprise Projects** – Opportunities to develop financial literacy, teamwork, and customer service skills through running small business initiatives.

★ **Friendship & Social Skills Clubs** – Structured sessions to practise conversation, teamwork, and conflict resolution.

★ **Online Safety Workshops** – Sessions focused on responsible internet use, recognising online risks, and managing social media interactions safely.

★ **Residential & Outdoor Learning Trips** – Provide hands-on experience in personal care, housekeeping, and teamwork in new environments.

★ **Safety Awareness Workshops** – Led by community services (e.g., Fire Brigade, Police) to support understanding of personal and public safety.

★ **Social Outings & Leisure Activities** – Visits to cafes, leisure centres, and local facilities to build confidence in real-world social settings.

★ **Supermarket, Community Centre & Café Visits** – Learners practise budgeting, purchasing, and social interactions in real-world settings.

★ **Themed Awareness Days** – Events such as Anti-Bullying Week, Safer Internet Day, and Respect & Kindness Campaigns to reinforce positive relationship-building.

★ **Transport Training Days** – Practical sessions on using public transport safely, buying tickets, and navigating routes.

★ **Wargrave Bank & Shop** – Led by learners who have different jobs within the Bank & Shop to support learners to either save or spend the Wargrave Wonga they have earned through demonstrating positive characteristics and behaviours.

By **embedding therapy support and enrichment activities**, we ensure that preparation for life skills aren't just **taught in the classroom**, but actively **practised and reinforced** in everyday life, setting our learners up for greater independence and confidence in adulthood.

### Community learning

To develop our learners' understanding and application of preparation for adulthood skills, characteristics and qualities, learners visit a variety of venues in the local and national community. These include community days; residential trips; outdoor education days; Puddle visits (our exclusive learning outside the classroom environment); visits to local Colleges and Universities and visiting different cultural venues across the North-West.

### Capital of culture

The **culture surrounding our Preparation for Life curriculum at Wargrave House School** is deeply rooted in **empowerment, independence, and community engagement**. Our bespoke curriculum fosters a **practical, real-world approach** to develop essential life skills, ensuring that learners can navigate adulthood with confidence.

Our **Capital of Culture** is built on **inclusion, opportunity, and real-life application**. By embedding **therapy support, structured learning, and enrichment experiences**, Wargrave House School ensures that every learner is **empowered to develop independence, confidence, and a meaningful role in their community**.



## Complimentary courses

All learners in KS4, engage in a Btec pre-vocational studies - Entry to vocational studies course at E1-L2 level. Whichever level of course is being accessed, all learners participate in a variety of modules, designed to deepen their understanding of different work sectors and employability skills.

At Entry level 1, the learners can cover the following modules:

Pearson BTEC Entry Level 1 Subsidiary Award in Pre-vocational Study			
Unit reference	Unit title	GLH	Type
	<b>Optional unit</b>		
1	Engaging in New Situations	30	Optional
2	Following Given Instructions	30	Optional
3	Handling Own Money	30	Optional
4	Preparing a Meal for Yourself	30	Optional
5	Going on a Prepared Visit	30	Optional
6	Engaging in Personal Health and Wellbeing	30	Optional
7	Helping with an Event	30	Optional
8	Contributing to a Customer Service	30	Optional
9	Developing Digital Communication Skills	30	Optional
10	Participating in a Performance	30	Optional
11	Communicating with Others	30	Optional
12	Participating in a Sports Activity	30	Optional
13	Producing a Product	30	Optional
14	Taking Part in a Creative Activity	30	Optional
15	Exploring an Enterprise Activity	30	Optional
16	Exploring Future Options in the Local Community	30	Optional
17	Engaging in a Team Activity	30	Optional
18	Working Towards a Given Target	30	Optional
19	Producing a Basic Document	30	Optional
20	Navigating from One Place to Another	30	Optional

At entry level 2, the learners can cover the following modules:

Pearson BTEC Entry Level 2 Subsidiary Award in Pre-vocational Study			
Unit reference	Unit title	GLH	Type
	<b>Optional unit</b>		
1	Adapting to New Situations	30	Optional
2	Following Instructions to Carry Out a Task	30	Optional
3	Handling Money Transactions	30	Optional
4	Preparing a Meal for Others	30	Optional
5	Participating in a Visit	30	Optional
6	Understanding Personal Health and Wellbeing	30	Optional
7	Contribute to Running an Event	30	Optional
8	Providing a Customer Service	30	Optional
9	Using Digital Skills	30	Optional
10	Contributing to a Performance	30	Optional
11	Communicating with Others	30	Optional
12	Contribute to a Team Sport Activity	30	Optional
13	Create a Product	30	Optional
14	Being Creative	30	Optional
15	Contribute to an Enterprise Activity	30	Optional
16	Planning for the Future	30	Optional
17	Being Part of the Team	30	Optional
18	Working Towards an Agreed Target	30	Optional
19	Create a Document	30	Optional
20	Using Public Transport	30	Optional

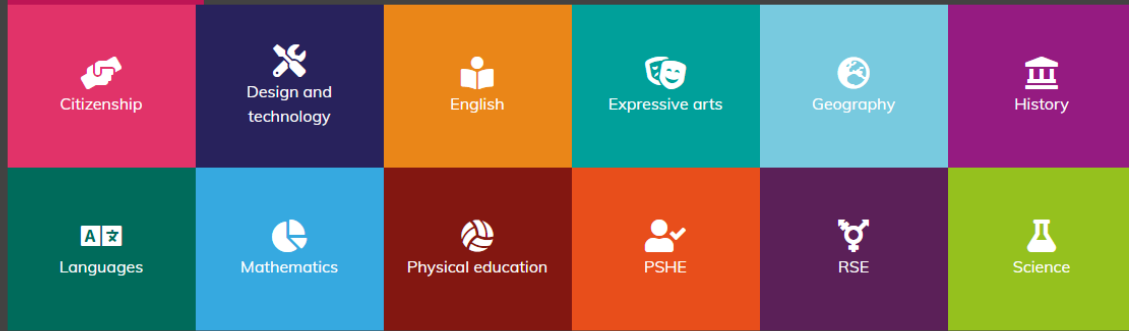
At entry level 3, the learners can cover the following modules:

Pearson BTEC Level Entry 3 Subsidiary Award in Entry to Vocational Study			
Unit reference	Unit title	GLH	Type
<b>Mandatory unit</b>			
1	Skills for Learning	30	Mandatory
<b>Optional units</b>			
3	Finding Out About a Topic	40	Optional
4	Designing a Product	40	Optional
5	Creating a Product	40	Optional
6	Presenting to Others	40	Optional
7	Making an Event a Success	40	Optional
8	Providing Customer Service	40	Optional
9	Going on a Visit	40	Optional
10	Financial Awareness	40	Optional
11	Living with Online Technology	40	Optional
12	Using Technology for a Purpose	40	Optional
13	Supporting Other Individuals	40	Optional
14	Communicating with People	40	Optional
15	Problem Solving by Thinking Creatively	40	Optional
16	Contributing to the Community	40	Optional
17	Managing Time	40	Optional
18	Responding to a Situation	40	Optional
19	Health and Wellbeing for the Workplace	40	Optional
20	Using Guidance	40	Optional

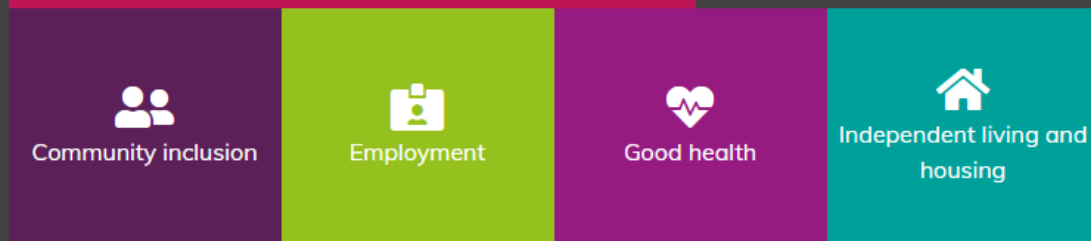
Learners working at Entry level, access LifeSkills challenges that have been mapped to the four Preparing for Adulthood pathways and cover subject areas such as English, mathematics and PSHE. Learners access a bespoke package of modules linked to their area of need and interest, especially linked to their EHCP.

These are the areas that can be covered:

## Subject area



## Preparing for Adulthood pathway



## Vocational area

