

Employment and Education:

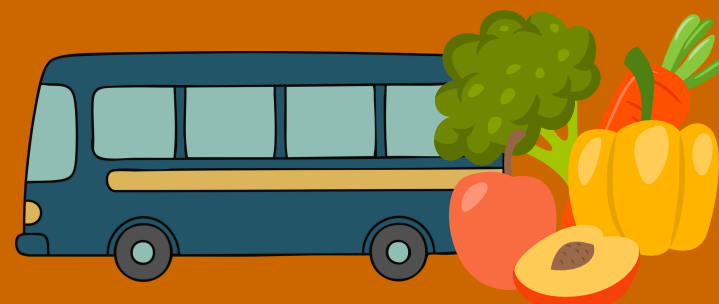
Learners develop understanding of travel signs, following step-by-step journey instructions, and using simple timetables or maps. They practise recognising safe behaviours when travelling and role-play asking for directions in realistic scenarios. Later in the term, they explore healthy living by identifying healthy habits and matching exercises, foods and hygiene choices to support wellbeing.

Independent Living:

Learners prepare for journeys by packing essentials, managing money for fares, and using travel cards or tickets safely. They also practise problem-solving for unexpected situations, such as late buses, while developing basic route-planning skills. Healthy living work includes preparing simple healthy meals, practising hygiene routines, and making nutritious choices when shopping.

Informal Curriculum - Post-16
Topic Web: Spring 2

Topic: Travel Training & Healthy Living



Health:

Learners develop awareness of safety during travel, such as road-crossing, using seatbelts, and recognising when they feel anxious or tired. They practise strategies to manage stress during journeys, including breathing routines and emotion-identification tools. Healthy living lessons focus on recognising hunger, thirst and fatigue, maintaining hygiene, understanding sleep routines, and using calming techniques to support emotional and physical health.

Community Inclusion:

Learners practise polite travel behaviour, including interactions with drivers and passengers, recognising personal space, and safely accessing community places via transport. They take part in supported trips to local venues to rehearse real-world navigation skills. In healthy living, they explore community resources such as parks or gyms and learn to request healthy options in shops and cafés.