





## Post 16 Community day LTP

	Autumn term 1 and 2 (approximately 14 weeks)	Spring term 1 approximately 7 weeks)	Spring term 2 approximately 7 weeks)	Summer Term 1 and 2 (approximately 14 weeks)
Post 16	<p style="text-align: center;"><b><u>Practical life skills – Using and managing money.</u></b></p>  <p>To equip students with the knowledge and skills to be able to lead an independent life.</p> <p>To be able to gain confidence when using money out in the community.</p> <p>To confidently visit local shops and use money to buy everyday essentials.</p> <p>To use Functional skills English and maths practically.</p> <p>To practise safety in the community.</p>	<p style="text-align: center;"><b><u>PSHCE - Independent living skills: Health and Wellbeing.</u></b></p>  <p>To promote a healthy lifestyle and healthy choices.</p> <p>To improve interpersonal and social communication skills.</p> <p>To provide students with the information to enable them to make healthy choices regarding diet and exercise.</p> <p>To enable students to develop strategies and assertiveness to safeguard their mental health.</p> <p>To enable students to navigate the online space safely.</p> <p>To allow students to explore their spiritual beliefs in a safe and inclusive environment.</p>	<p style="text-align: center;"><b><u>PSHCE - SRE: Sex and relationships.</u></b></p>  <p>To develop basic life and living skills which will prepare our learners to live independently and form social connections.</p> <p>To enable learners to navigate the complex and changing nature of relationships.</p> <p>To cement understanding of sexual health and relationships and allow for students to form positive relationships.</p> <p>To provide resources and sign post students to agencies and organisations that can provide support.</p>	<p style="text-align: center;"><b><u>Social Community and Community engagement – Charity project.</u></b></p>  <p>Making a valuable contribution to the local community.</p> <p>Sense of achievement and improved confidence.</p> <p>Helps students to build stronger communities. Broadens horizons. Networking, creating future opportunities. Raising the profile of Alt Bridge.</p> <p>To promote enjoyment and involvement in the community.</p> <p>To broaden horizons and build confidence outside the home and school environment.</p> <p>To ensure that students understand and employ safe practices (road safety, stranger danger etc)</p>

<p>Prior and future links (examples)</p>	<p><b>Prior links:</b> Functional Skills maths and English, PSHE, Citizenship, DofE, SRE.</p> <p><b>Future links</b> Functional Skills maths and English. Functional life skills, eg. Reading, budgeting...</p> <p>Safe independent travelling.</p> <p>Practising a healthy lifestyle and making healthy choices.</p>	<p><b>Prior links:</b> Functional Skills maths and English, PSHE, Citizenship, DofE, SRE.</p> <p><b>Future links:</b> Functional life skills, eg. Reading, budgeting...</p> <p>Confidently visit key settings to lead a healthy and fulfilling life. For example: shops, job centre, bank, estate agents, hairdressers, citizens' advice, walk in centre, police station, register dentist, opticians etc.</p>	<p><b>Prior links:</b> Functional Skills maths and English, PSHE, Citizenship, DofE, SRE.</p> <p><b>Future links:</b> Functional Skills maths and English. Functional life skills, eg. Reading, budgeting...</p>	<p><b>Prior links:</b> Functional Skills maths and English, PSHE, Citizenship, DofE, SRE.</p> <p><b>Future links:</b> Functional life skills, eg. Reading, budgeting...</p> <p>Engaging in volunteering in the local community.</p> <p>Networking across various community based organisations (One Knowsley)</p>
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