



Advanced Life Skills

At Alamiyah Life Skills are an important part of our holistic and integrated curriculum which caters for all aspects of the child including the practical, social and emotional aspects of the child's development. The 3-6 years practical life curriculum emphasises building the child's independence, self esteem and confidence that comes when they can independently care for themselves. Through advanced life skills the child will continue to acquire these skills and master them in addition to covering care of others and the environment. Through advanced life skills in the upper school pupils learn more advanced cookery, home maintenance, woodwork, vehicle maintenance, sewing, knitting, weaving, embroidery. They will also look at managing projects individually and with a team through managing a diary, scheduling tasks and meeting deadlines. Grace and Courtesy including pupil's broader engagement within society and british institutions is also covered in the Advanced Life Skills Course to encourage positive participation in society through exploring british values and citizenship. The curriculum plan contained in this document is aimed at the 9-11 age group covering upper primary age.

Advanced Life Skills Long Term Curriculum Plan

Area	Topics	Recommended age/stage
Cookery	Savoury Foods <ul style="list-style-type: none"> • Making bread and rolls • Making Roast Potatoes and Veg • Making vegetable pasties • Making crackers /cheese twists • Making mini pizzas Sweet Foods <ul style="list-style-type: none"> • Making cupcakes (natural sugar) • Making an Eid Celebration Cake with Icing • Making cookies (natural sugar) • Making a mousse • Making truffles 	9-11 Year 5-6
Home Skills	Hoovering Floor with an appliance Using kitchen appliances safely	9-11 Year 5-6



	Using a washing machine Ironing and folding away laundry Managing the cleaning and tidying of the classroom by setting up rotas	
Woodwork	Review of hammering in nails Review of screwing in screws Joining Sanding Sawing Joining with Dowels Sticking with Wood Glue Make a Bird House (Permaculture - Outdoor Education) Put together DIY flat packed furniture following instructions Make upcycled pallet outdoor furniture DIY Woodwork projects of choice	9-11 Year 5-6
Equipment and Vehicle Maintenance	Understanding the parts of a bicycle or scooter Why it is important to maintain vehicles Safety when working in a workshop Tools and equipment for bicycle or vehicle maintenance Bicycle and scooter maintenance practical tasks Fixing old bicycles Understanding the parts of a car Safety when working with engines Tools and equipment for car engine maintenance Understanding how an engine works Mechanic's visit to the school with their tools and a car to demonstrate full car maintenance. Trip to a garage to see a car undergo MOT	9-11 Year 5-6



Sewing	Using a sewing machine Threading a machine Stitches for repairing, garments, hand stitching, whip Stitching, blanket stitch, hemming. Stitches for embellishing, embroidery. Upholstery stitching Making a rag rug Rug making sewing using a pattern creating a pattern fitting a zip making a soft furnishing piece	9-11 Year 5-6
Knitting	winding a yarn on a yarn winder, winding a yarn into a hank dyeing yarn understanding types of yarn linen, wool, cotton casting on, casting off garter stitch stocking stitch increasing, decreasing complex stitch patterns, following a stitch pattern incorporating a stitch pattern and following a garment pattern using a knitting machine, casting off casting on using a knitting machine following a pattern winding a yarn on a yarn winder, winding a yarn into a hank	9-11 Year 5-6
Weaving	spinning yarn from fleece mixing colour making a design make a simple weave frame weaving on a loom follow a pattern on a loom weaving using a theme from sketchbook work	9-11 Year 5-6



Embroidery	identifying different thread for embroidery making a sampler cross stitch for tapestry work designing a tapestry	9-11 Year 5-6
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Outdoor Life Skills

At Alamiyah, Life Skills are an important part of our holistic and integrated curriculum which caters for all aspects of the child including the practical, personal, social and emotional aspects of the child's development. We believe that outdoor learning is a vital part of a child's education and provides many benefits to their holistic health and development. The Outdoor Life Skills curriculum therefore provides pupils with the opportunity to gain hands on experience of working with nature in a variety of circumstances both on site and on field trips. The benefits of an outdoor education to the health and wellbeing of children cannot be underestimated, children thrive and learn a vast array of skills from working with nature and the elements. They will also be able to practically apply the knowledge and skills gained through the study of botany, zoology, science, geography and advanced practical life. The Outdoor Life Skills Course in the upper school will be delivered through a Forest School and is designed to encourage a positive participation in society through taking individual and collective responsibility for the environment and gaining a practical understanding of global environmental issues and what we can do to make a difference. The curriculum plan contained in this document is aimed at the 9-11 year age group - upper primary and is a continuation of the curriculum for the 6-9yrs or lower, middle primary.

Outdoor Life Skills Long Term Curriculum Plan

Area	Topic	Recommended Age/Stage
Horticulture	Sowing Seeds and Bulbs Planting Seedlings and Cuttings Taking Care of Plants Collecting Seeds Sprouting pop corn kernels Sprouting beans	9-11 Year 5-6



	Designing gardens Project work: gardens Encouraging Wildlife into Gardens Planting Flowers to save Bees and Butterflies Building a Bug Hotel Making a Bird Feeder Ball, Building Bird Table / Nesting Box	
Agriculture	Planting, Growing and Harvesting Grains, Seeds, Herbs, Fruit & Vegetables Seasonal. Washing, Packaging and Selling Produce Rearing Animals -Quails Incubation Hatching Care of Keeping, Collecting and Selling Quails Eggs Humans and Animals need to take Nutrients through Food Need for right types and amounts of Nutrition Healthy Foods Food Groups – Food Plate – Balanced Diet	9-11 Year 5-6
Forest Schooling	Searching for Animal Tracks Tree Recognition Bird Watching and Bird Call Recognition Bug Hunt and Examination Fungus Hunt Woodland Noises Woodland Musical Instruments Woodland Art Woodland Cookery Orienteering - Use of Compass and the Natural Environment Building Shelters Safe use of Fire Safe use of tools in the outdoor environment	9-11 Year 5-6



Recycling	Recycling Plastic, Paper, Metal Recycling Food Waste - Composting Upcycling – Creating and Making items from recycled goods Uses of Everyday and Natural Materials identify and compare suitability of materials for particular uses Explore properties of materials by squashing, bending, stretching. Setting up and using a Wormery	9-11 Year 5-6
Outdoor Activities Trips	Bushcraft, Survival Skills, Nature Walks, Forest Schooling Days, Camping with Parents	9-11 Year 5-6