



TWO RIVERS
HIGH SCHOOL

Two Rivers High School

2022-2023

Galaxy and Everest: EQUALS Curriculum Semi-Formal

	Autumn 2022-23		Spring 2022-23		Summer 2022-23	
	My Play and Leisure	My Dressing and Undressing	My Problem Solving	My Mental Health	My Shopping	My Travel Training
<u>My Play and Leisure</u>						
Understanding and engaging with structured play						
Understanding and engaging with playground activities						
Understanding and engaging with group play/activities						
Understanding and engaging with board games						
Understanding and engaging with card games						
Understanding and engaging with sports and competition games						
Understanding and engaging with IT games						
Understanding and engaging with free play						
Understanding and engaging with solitary play						
Understanding and engaging with turn taking						



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Understanding and engaging with co-operative play						
<u>My Dressing and Undressing</u>						
Knowing parts of the body						
Identifying items of clothing						
Identifying and utilising appropriate clothing and accessories regarding weather, occasion etc.						
Putting on and taking off various items of clothing						
Developing fine and gross motor skills						
Understanding the sequence of getting dressed						
Developing self-organisation skills						
Developing problem solving skills						
Developing independence						
Understanding personal hygiene						
Being aware of own safety when dressing and undressing						
<u>My Problem Solving</u>						
To acknowledge that I want/need equipment						
To communicate a want/need						
To independently get equipment I want/need						
To find lost things						
Recognising that the thing I want/need isn't working or is broken, and what to do about it						
Recognising what I need to complete an activity						
Solving problems as a group						



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Independently solve a problem						
To solve a creative problem						
Solving problems in the community (e.g. litter)						
Solving problems regarding physical wellbeing						
Solving problems regarding IT/social media						
Solving problems around the world						
<u>My Mental Health</u>						
To recognise and value myself						
To recognise and value family members and communities						
To recognise and value myself as part of a community						
To develop own interests						
Sharing						
Developing self-esteem, confidence and resilience						
To be positively involved with social media						
Identifying different emotions						
Identifying basic mental health issues						
Learning how to relax						
<u>My Shopping</u>						
Understanding money						
Recognising a £1 coin						
Understanding which coins to use						
Using real money						
Using a bank						
Shopping using a shopping list						
Exploring a shop						



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Preparing for a shopping trip						
Café and restaurant shopping						
Clothes shopping						
Shopping for presents						
<u>My Travel Training</u>						
Walking/manoeuvring independently in and around school						
Walking /manoeuvring independently outside of school						
Stopping at the kerb and looking for traffic						
Crossing minor roads with support						
Crossing a minor road where parked cars are blocking clear view						
Crossing minor roads with no support						
Crossing a major road using a zebra crossing with support						
Crossing a major road using a pelican crossing with support						
Crossing a T junction or a crossroads						
Finding own way after becoming lost						
Independent walking or manoeuvring						
Looking positively at problems						



Arctic and Nova: Adventurer Moving on 14+ Knowledge and Skills

	Autumn 2022-23		Spring 2022-23		Summer 2022-23	
	Citizenship		Leisure and Recreation Activities		Daily Living Skills	
Citizenship						
Learn about the emergency services						
Experience the emergency services						
Understand basic first aid						
Understand how to contact the emergency services						
Understand when is appropriate to contact the emergency services						
Understand the consequences of contacting the emergency services when it is not appropriate to						
Learn about local current affairs						
Be involved in raising money for a local cause						
Be involved in a local event						
Understand local environmental issues						
Encourage recycling						
Contribute to the local recycling projects						
Problem solving						
Communication						



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<u>Leisure and Recreation Activities</u>						
Understand what lunchtime and afterschool clubs my school offers						
Understand how dancing can help me to exercise						
Developing a dance routine						
Understand the importance of stretching and warming up						
Engage with a stretching routine						
Using a theme as the basis for a dance routine						
Engaging with objects in a space						
Engage with aromatherapy						
Engage with beauty therapy						
<u>Daily Living Skills</u>						
Growing plants						
Maintaining the health of plants						
Buying and selling bulbs and seeds						
Planting fast acting growth seeds such as cress						
Make appropriate snacks for school						
Sell snacks made for a mini enterprise activity						
Prepare and share snacks						
Design an appropriate snack menu for a variety of experiences						
Understand the importance of regular cleaning						
Cleaning within the school						
Cleaning in a home environment						



Arctic and Nova: EQUALS Explorer Knowledge and Skills

	Autumn 2022-23		Spring 2022-23		Summer 2022-23	
	Citizenship		Leisure and Recreational Activities		Daily Living Skills	
<u>Citizenship</u>						
Working as a team						
Developing a product						
Following a structured project						
Budgeting						
Problem solving						
Communication						
Having a say						
Understanding money						
Following a national story						
Following a national sports or cultural event						
Researching a national notable person						
Engaging with the world around us						
Follow a recycling project						



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HIGH SCHOOL

Joining an environmental initiative						
<u>Leisure and Recreational Activities</u>						
Making a collection of a variety of activities						
Sequencing						
Making a collection linked to themes e.g., travel, sports etc						
Swimming						
Personal survival						
Hydrotherapy						
Experiencing a gym						
Understanding the importance of exercise						
<u>Daily living skills</u>						
Outdoor gardening						
Locating appropriate spaces to plant and garden						
Develop a garden space						
Making containers for plants						
Growing a variety of plants						
Preparing a picnic						
Creating a bank of recipes						
Comparing food						
Understand how to create and maintain a healthy lifestyle						
Understand warning symbols						
Establishing safe routines for cleaning						
Understand different products (aerosol, liquid, powder etc)						



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HIGH SCHOOL

Cleaning in the school and home environment

2023-2024

Galaxy and Everest: EQUALS Curriculum3 Semi-Formal

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	My Play and Leisure	My Dressing and Undressing	My Problem Solving	My Mental Health	My Shopping	My Travel Training
<u>My Play and Leisure</u>						
Understanding and engaging with structured play						
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Understanding and engaging with IT games						
Understanding and engaging with free play						
Understanding and engaging with solitary play						
Understanding and engaging with turn taking						
Understanding and engaging with co-operative play						
<u>My Shopping</u>						
Understanding money						
Recognising a £1 coin						
Understanding which coins to use						
Using real money						
Using a bank						
Shopping using a shopping list						
Exploring a shop						
Preparing for a shopping trip						
Café and restaurant shopping						
Clothes shopping						
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<u>My Travel Training</u>						
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Independent walking or manoeuvring						
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Arctic and Nova: Adventurer Moving on 14+ Knowledge and Skills

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Cleaning within the school						
Cleaning in a home environment						



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Researching a national notable person						
Engaging with the world around us						
Follow a recycling project						
Joining an environmental initiative						
<u>Leisure and Recreational Activities</u>						



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