

Preparation for Adulthood: Senior Extended

Intent:

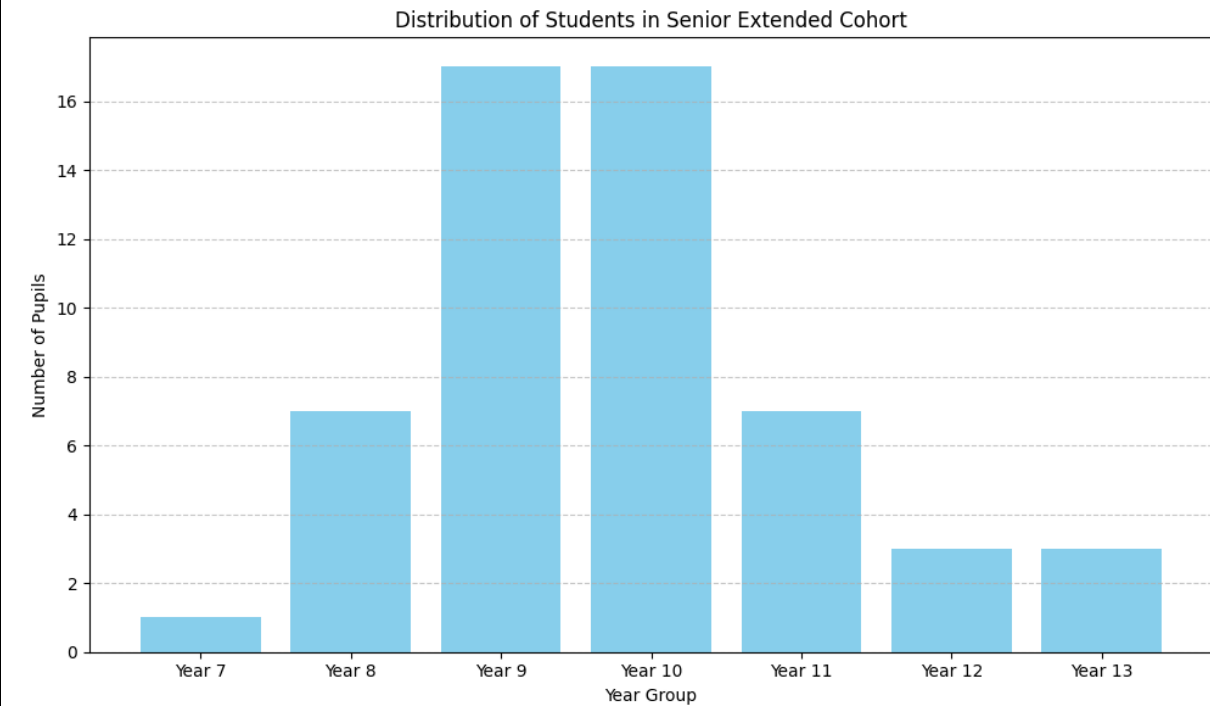
The Preparation for Adulthood (PfA) curriculum is a framework designed to support young people—particularly those with special educational needs and disabilities (SEND)—in making a successful transition from childhood to adult life. It is rooted in our own evidence-based practice, such as destination data tracking, and aligns closely with the SEND Code of Practice and national PfA outcomes, ensuring that provision is both purposeful and progressive.

The curriculum is structured around four nationally recognised PfA outcomes:

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

Within the Senior Extended cohort of 55 students there are:

Distribution of Students in Senior Extended Cohort



Year Group	Number of Pupils
Year 7	1
Year 8	7
Year 9	17
Year 10	17
Year 11	7
Year 12	3
Year 13	3

All students in Senior Extended receive three discrete PfA sessions weekly following the learning objectives within the scheme of work, supplemented by embedded opportunities, in context, across the wider curriculum and community-based experiences. Personalised PfA targets are set in Year 9, as part of the EHCP review process.

Students are empowered to take an active role in shaping their educational experience and future aspirations through a responsive and personalised curriculum. The PfA framework, vocational pathways and one-to-one career guidance interviews support informed decision-making. This approach promotes self-confidence, independence, and emotional well-being, enabling learners to articulate and pursue their individual goals.

Senior Extended	23/24
Autumn 1	Independent Living
	<ul style="list-style-type: none"> Assess and manage risk and personal safety in new independent situations, including online Apply personal safety strategies when travelling, including cycle safety, young driver safety, passengersafety, using licensed taxis and getting home safely Understand safety, rights, and responsibilities when travelling within the UK and abroad, including passport use and legal requirements.
Autumn 2	Employment
	<ul style="list-style-type: none"> Explore vocational options and identify areas of personal interest. Understand the concepts of career, work, and job. Recognise the benefits of employment. Understand pay and employment benefits. Identify the types of support needed in the workplace. Develop strategies for asking for help at work. Explore ways to be independent and proactive at work. Reflect on personal interests and how they relate to career choices. Recognise personal dislikes and how they influence career decisions. Understand the concept of motivation and its role in work and learning. Evaluate post-16 and post-18 options in education, training, and employment.
Spring 1	Health
	<ul style="list-style-type: none"> Identify the key components of a balanced diet, including the main food groups, and explain how each contributes to a healthy body and lifestyle. Demonstrate confidence in accessing shops and supermarkets independently to select and purchase food items. Identify local exercise facilities and demonstrate increased confidence in choosing and accessing these to support a healthy lifestyle. Evaluate different food and activity options and make informed decisions that support a healthy lifestyle. Describe the benefits of regular exercise for physical health, mental wellbeing, and long-term lifestyle management. Create a realistic weekly plan that includes balanced meals and regular physical activity suited to their individual needs.

Preparation for Adulthood Long Term Scheme of Work

Spring 2	Employment
	<ul style="list-style-type: none"> • Assess personal strengths, interests, values, and skills to set realistic and aspirational career goals. • Evidence strengths and skills effectively when applying and interviewing for roles and opportunities. • Evaluate changing patterns and trends in the labour market locally, nationally, and internationally to identify potential opportunities. • Evaluate the financial advantages, disadvantages, and risks of post-16 and post-18 education, training, and employment options. • Create a strong CV that highlights relevant skills, experiences, and personal qualities. • Identify and engage in activities that enhance performance and confidence during interviews. • Explore different methods for finding job opportunities, including online platforms and local networks. • Understand how online presence can influence employer perceptions. • Identify key qualities and skills employers look for in candidates.
Summer 1	Community Inclusion
	<ul style="list-style-type: none"> • Develop an interest in, and commitment to, participation in volunteering as well as other forms of responsible activity, that they will take with them into adulthood • Understand how the roles played by public institutions, public services, interest and pressure groups, charities and voluntary groups provide a voice and support for different groups in society • Identify and engage in different ways in which a citizen can contribute to the improvement of their community, including volunteering and other responsible activities. • Participate in a voluntary role to develop skills, confidence, and a sense of social responsibility.
Summer 2	Health
	<ul style="list-style-type: none"> • Manage work-life balance by planning time effectively across study, leisure, exercise, sleep, and online activity. • Apply strategies to promote mental health and emotional wellbeing and respond to challenges effectively. • Use stress management strategies to cope with pressure in academic, social, and personal contexts. • Recognise the signs and symptoms of emotional or mental ill-health. • Understand how, when, and why to access appropriate support and treatment for mental health and emotional wellbeing.

Senior Extended	24/25
Autumn 1	Independent Living
	<ul style="list-style-type: none"> • Plan personal expenditure and create a budget that accounts for changes in circumstances, such as moving out or starting college. • Understand salary deductions including tax, national insurance, student loan repayments, and pensions, and learn how to manage them effectively. • Evaluate different savings options and choose those that best suit personal financial goals. • Understand consumer rights and know how to resolve disputes and access support services. • Manage financial contracts such as mobile phone services and rental agreements, and identify sources of advice and support. • Evaluate the potential benefits and risks of different debt arrangements and understand repayment responsibilities. • Recognise the risks associated with financial ventures, including illegal schemes such as unregulated money transfers. • Critically evaluate online content to recognise propaganda, manipulation, bias, and misleading information.
Autumn 2	Employment
	<ul style="list-style-type: none"> • Reflect on how work can influence self-esteem and emotional wellbeing. • Identify challenges that can be controlled and develop strategies to manage them. • Recognise external challenges that may affect job-seeking and employment opportunities. • Identify role models who can inspire and support overcoming challenges in career development. • Explore how collaboration and peer support can help in finding and securing employment. • Investigate different types of jobs across various sectors and industries. • Explore types of careers that can be self-started, including entrepreneurship and freelance work. • Reflect on personal preferences to identify a favourite type of career. • Set a personal career goal based on interests, strengths, and available opportunities.
Spring 1	Health
	<ul style="list-style-type: none"> • Select appropriate methods of contraception for different contexts and relationships. • Access local and national services for sexual health advice, diagnosis, and treatment. • Evaluate and use the most appropriate methods of contraception, including emergency contraception, in different situations. • Identify and access sexual health services locally, nationally, and online.

Preparation for Adulthood Long Term Scheme of Work

Spring 2	Employment
	<ul style="list-style-type: none"> Evaluate personal strengths, skills, and interests to inform future roles and career opportunities. Demonstrate enterprising behaviours in life and work, including initiative, creativity, and problem-solving. Create/refine an effective CV and prepare confidently for interviews. Explore career opportunities within a global economy and understand how international trends influence employment. Understand rights and responsibilities across different types of employment, including full-time, part-time, and gig economy roles. Demonstrate professional conduct in the workplace, including adherence to health and safety protocols. Understand workplace confidentiality and security, including cyber-security and data protection responsibilities. Recognise when, why, and how to seek or provide support in response to bullying and harassment in the workplace. Apply strategies to overcome challenges and adversity in the workplace. <p>Understand the role of trade unions and professional organisations in supporting workers' rights and development.</p>
Summer 1	Community Inclusion
	<ul style="list-style-type: none"> Explore how young people can engage with their wider community and develop a fulfilling social life. Identify personal interests and hobbies and explore opportunities to join clubs or organisations to meet new people and build friendships. Participate in a range of activities to discover and develop personal interests. <p>Work collaboratively with others to achieve a shared goal.</p>
Summer 2	Health
	<ul style="list-style-type: none"> Apply strategies to improve adaptability and resilience during periods of change. Understand the importance of monitoring personal health and wellbeing. Maintain a healthier diet and explain how nutrition can positively impact mental wellbeing. Understand how to register with and access healthcare services, including doctors, opticians, and other providers.

Senior Extended	25/26
Autumn 1	Independent Living
	<ul style="list-style-type: none"> • Make informed decisions about future living arrangements post-18. • Understand potential future living arrangements, including who they may live with. • Identify benefits and financial support that may be available in the future. • Demonstrate skills to manage a living space, including cooking, cleaning, and maintaining personal hygiene. • Prepare for moving out of the family home by ensuring key practical steps are in place, such as setting up a bank account, securing benefits, and obtaining photo identification.
Autumn 2	Employment
	<ul style="list-style-type: none"> • Identify factors that influence career and pathway choices. • Understand and use key terminology related to the world of work. • Explain the concept of career development and how it applies to long-term planning. • Engage with career specialists to gain insights into roles and opportunities. • Identify personal networks and sources of support for career planning. • Understand the purpose of planning and how it supports future goals. • Develop a personal career plan that outlines steps toward future aspirations. • Understand the purpose and structure of a job interview and identify key information and skills needed to succeed in an interview. • Participate in mock interviews to build confidence and improve performance.
Spring 1	Health
	<ul style="list-style-type: none"> • Manage personal hygiene routines and explain their importance in maintaining good general health. • Identify different health professionals, describe their roles, and understand how these may change during the transition to adulthood. • Locate and access reliable sources of medical information. • Make and attend health-related appointments independently. • Perform basic first aid techniques in response to common injuries or emergencies. • Identify and describe the roles and responsibilities of emergency services—police, fire, ambulance, and coast guard—and explain how each helps in different emergencies. • Summon emergency services appropriately and safely. • Evaluate when it is appropriate to contact emergency services and explain the importance of giving accurate information, even in situations with potential legal consequences.

Preparation for Adulthood Long Term Scheme of Work

Spring 2	Employment
	<ul style="list-style-type: none"> • Evaluate personal strengths, skills, and interests to inform future opportunities and career development. • Understand the implications of the global job market on future education and employment choices. • Identify appropriate post-16 and post-18 pathways, including further training, apprenticeships, gap years, and stepping-stone opportunities. • Understand application processes and develop key documents, including a concise personal statement and a tailored CV, while preparing effectively for interviews. • Build and maintain a positive professional identity and online presence. • Understand how creating and sharing content online can impact a positive online presence. • Understand how to effectively challenge online content that adversely affects personal or professional reputation • Evaluate how social media can expand, limit, or distort personal perspectives. • Set and maintain boundaries around personal privacy online. • Manage online safety in all its forms and know when, why, and how to seek help.
Summer 1	Community Inclusion
	<ul style="list-style-type: none"> • Understand rights, roles, and responsibilities in a diverse society and demonstrate respect and advocacy for them. • Celebrate cultural diversity and promote inclusive attitudes and behaviours. • Explore how different faith or cultural views can influence relationships and learn how to respectfully challenge views when appropriate. • Identify with and feel valued within the community • Promote a positive sense of identity and inclusion for themselves and others. • Develop communication, teamwork, and self-advocacy skills.
Summer 2	Health
	<ul style="list-style-type: none"> • Manage mature friendships, including building new relationships in unfamiliar environments. • Apply strategies to confidently manage transitional life phases, such as leaving school or moving away from home. • Understand personal safety in new relationships, including those formed online. • Build meaningful professional relationships and demonstrate respect for boundaries. • Manage strong emotions, communicate constructively, and negotiate interpersonal difficulties. • Recognise, de-escalate, and safely exit aggressive or unsafe social situations.

Preparation for Adulthood Long Term Scheme of Work

Visit Ideas				
Shopping	Leisure	Services	Volunteering / Job Shadowing	Future Provision
<ul style="list-style-type: none"> • Supermarkets • Local shops • Post office • Metro Centre • Retail parks • Butcher • Greengrocer • Baker • Florist 	<ul style="list-style-type: none"> • Gym • Leisure centre • Local park • Museum • Restaurant / cafe • Cinema • Arcade • Theatre • Local landmark 	<ul style="list-style-type: none"> • Library • Post office • Doctors • Dentist • Optician • Emergency services • Hairdresser / barber • Citizens Advice (e.g. PIP) • Places of worship 	<ul style="list-style-type: none"> • Care homes • Local Council (Litter picking) • Food banks • Supermarkets • Farm • Local project (e.g. Full Circle) • Theatre 	<ul style="list-style-type: none"> • Newcastle College • Northumberland College • Kirkley Hall • Northumberland Skills • Azure • Tyne Coast College • In specific cases, social care provision could be considered.

Useful Resources	
NDTi resources	Preparing for Adulthood: All Tools & Resources - NDTi
Growing Up in Northumberland	04ba77_0edf24825cb646fa9f88f6881ef4a4be.pdf
Careers (Employment) lesson plans	Teaching & Learning - Talentino! CAEL Heritage Manual latest version 2021.pdf - All Documents
SEND Local Offer	Friendships and relationships SEND local offer Independent living and housing SEND local offer Staying healthy and well SEND local offer Education, employment and training SEND local offer Travel training SEND local offer Leisure SEND local offer Staying healthy and well SEND local offer
Citizens Advice	Benefits - Citizens Advice Housing - Citizens Advice Work - Citizens Advice Health - Citizens Advice Debt and money - Citizens Advice Consumer - Citizens Advice

Strategic Impact

The Preparation for Adulthood (PfA) curriculum within the Senior Extended provision demonstrates a clear strategic intent to support students with SEND in achieving nationally recognised outcomes across independent living, health, employment, and community inclusion. The curriculum is coherently structured and sequenced across three academic years, ensuring progression and depth of learning that is both personalised and purposeful.

This provision is underpinned by robust evidence-based practice, including destination tracking and EHCP-linked target setting, which enables leaders to monitor impact and adapt provision responsively. The curriculum aligns with the SEND Code of Practice and the national PfA framework, ensuring statutory compliance and best practice in transition planning.

Students benefit from a responsive curriculum model that integrates discrete PfA sessions with embedded opportunities across the wider curriculum and community-based experiences. Vocational pathways and personalised career guidance interviews further enhance readiness for post-16 and post-18 destinations. The curriculum fosters self-confidence, independence, and emotional resilience, equipping learners with the skills and knowledge required to make informed choices and engage meaningfully in adult life.

The curriculum's responsiveness to individual needs and its emphasis on practical application ensures that students are not only prepared for their next steps in education, employment, or training, but are also empowered to lead fulfilling lives beyond school.