

The Polygon School

ASDAN LIFESKILLS Medium term planning 2025-2026

YEAR 7 — MEDIUM-TERM OVERVIEW

Half term /Key question:	Topic	Pupil Outcomes	Resources	Cross Curricular links Personal Development Links Careers Related Learning Links
Autumn 1	<p>Participating in board games Challenge reference: 3880</p> <p>Making a hot drink Challenge ref: 1869</p> <p>Health and safety in DT Challenge ref: 1018</p>	<ul style="list-style-type: none"> I can participate in a range of different board games with a small group of peers. I can take turns during a board game I can congratulate the winner. I can Identify two different hot drinks. I can Identify and understand the dangers associated with using a kettle. I can use a schedule to make a hot drink. I can use the kettle safely and make a hot drink. I can join in a group discussion and find out about health and safety. I will understand and be able to explain health and safety rules and follow them to work safely when making a product. I can make the product safely 	<p>Asdan life skills website https://www.asdan.org.uk/lsc/challenge-search?searchTerm=3880</p> <p>Individual Challenge assessment sheets Equipment to complete challenges Board games</p> <p>https://www.asdan.org.uk/challenge?challengeId=1869</p> <p>Kettle Coffee, tea, hot chocolate</p> <p>https://www.asdan.org.uk/challenge?challengeId=1018</p> <p>Workshop tools and materials</p>	<p>PSHE – Responsibility</p> <p>CDT- Using workshop tools</p> <p>Cookery – Making a hot drink</p> <p>Development of awareness of health and safety rule in school and at home</p> <p>Independence skills</p> <p>How to work safety in workshop</p>
Autumn 2	Money management	<ul style="list-style-type: none"> I can discuss whether I think money is important I can use addition and subtraction to solve 	<p>https://www.asdan.org.uk/challenge?challengeId=5429</p>	<p>Maths – addition, subtraction. Collect data including the use</p>

	<p>Challenge ref: 5429</p> <p>Cooking with chocolate to make a range of seasonal treats Challenge ref: 4695 Part 1</p> <p>E-Safety Challenge Ref 6800</p>	<p>money problems.</p> <ul style="list-style-type: none"> I can compare prices and amounts of money. Start to be able to use simple financial documents. Collect data linked to the use of money. I can research and identify seasonal treats that use chocolate as a key ingredient. I can identify the recipe and ingredients needed to make each seasonal treat. I can demonstrate how to use the kitchen safely and hygienically. I can follow a recipe to prepare the seasonal treats I can identify social media platforms. I can discuss possible dangers of social media. 	<p>Individual Challenge assessment sheets Equipment to complete challenges Work sheets on money</p> <p>https://www.asdan.org.uk/challenge?challengeId=4695 Chocolate recipe books Kitchen</p> <p>https://www.asdan.org.uk/challenge?challengeId=6800 Computers</p>	<p>of tally charts Present data in simple tables and charts</p> <p>Cookery – Making a chocolate treat PSHE – Across All years (Personal Safety) Development of awareness of how to work safely in the kitchen Independence skills in kitchen Cooking- Practical skills</p> <p>ICT-E-safety Class debate on staying safe on social media Staying safe online</p>
<p>Spring 1</p>	<p>Basic First Aid Challenge ref: 6339</p>	<ul style="list-style-type: none"> Know how to give first aid to someone who is having an asthma attack. Demonstrate how to give first aid if someone is having an asthma attack. Know how to give first aid to someone who is bleeding. Demonstrate how to give first aid if someone is bleeding. Know how to give first aid to someone who has a suspected broken bone. Demonstrate how to give first aid if someone has a broken bone. Know how to give first aid to someone who has a burn or scald. Demonstrate how to give first aid if someone has a burn. Know how to give first aid to someone who is choking. 	<p>https://www.sja.org.uk/get-advice/first-aid-lesson-plans/</p> <p>https://www.asdan.org.uk/challenge?challengeId=6339</p> <p>CPR dummies Worksheets Individual Challenge assessment sheets Equipment to complete challenges</p>	<p>PSHE- First aid Science- Biology</p> <p>Class debate on different parts of first aid challenge Responsibility looking after pets</p> <p>The role of doctors and nurses RSPCA</p>

	<p>Animal Care - Knowledge of Pets Challenge ref: 1319</p>	<ul style="list-style-type: none"> • Demonstrate how to give first aid if someone is choking. • Know how to give first aid to someone who has a head injury. • Demonstrate how to give first aid if someone has a head injury. • Know how to give first aid to someone who is unresponsive and breathing. • Demonstrate how to give first aid if someone is unconscious. • I can identify animals that can be kept as pets • I can identify the dietary requirements of each animal • I can identify the equipment needed to care for each animal • I can identify the special requirements for each animal 	<p>https://www.asdan.org.uk/challenge?challengeId=1319</p> <p>Laptops for animal care challenge Individual Challenge assessment sheets</p>	
<p>Spring 2</p>	<p>Cooking with chocolate to make a range of seasonal treats Part 2 Challenge ref: 4695</p> <p>Using Minecraft construct a build of a famous building Challenge reference: 1691</p>	<ul style="list-style-type: none"> • I can research and identify seasonal treats that use chocolate as a key ingredient. • I can identify the recipe and ingredients needed to make each seasonal treat. • I can demonstrate how to use the kitchen safely and hygienically. • I can follow a recipe to prepare the seasonal treats • I can use research techniques to find out information on a particular building. • I can use the word or PowerPoint to evidence my research. • I can identify a famous building indicating its location • I can demonstrate how to use Minecraft plan for constructing a build of the chosen famous building 	<p>https://www.asdan.org.uk/challenge?challengeId=4695</p> <p>Individual Challenge assessment sheets Equipment to complete challenges Chocolate recipe books</p> <p>https://www.asdan.org.uk/challenge?challengeId=1691</p> <p>Individual Challenge assessment sheets Laptop Minecraft website or software Evaluation sheets</p>	<p>Cooking- Cooking biscuits or cakes</p> <p>ICT – 7- Word, PowerPoint,</p> <p>PSHE – Across All years (Personal Safety)</p> <p>Demonstrate how to use different ICT skills</p> <p>Graphic designers</p>

		<ul style="list-style-type: none"> I can use Minecraft to construct a build of the chosen famous building. I can evaluate the overall Minecraft build I can create the evaluation summary in word or PowerPoint. 		
Summer 1	<p>Exploring the natural environment Challenge ref: 3585</p> <p>Aboriginal-Style Art Designs Challenge reference: 4509</p>	<ul style="list-style-type: none"> I can take part in a nature walk and explore the local environment. I can identify the seasons and explain their characteristics. I can recognise plants and natural materials in the environment. I can reflect on their experiences in the natural environment and explain what I saw. Be able to create Aboriginal-style designs to decorate a 3D boomerang. Be able to select colours and techniques for Aboriginal art 	<p>https://www.asdan.org.uk/lsc/challenge-search?searchTerm=3585 Binoculars Seasons work sheet Birds' worksheets Individual Challenge assessment sheets</p> <p>https://www.asdan.org.uk/challenge?challengeid=4509 Aboriginal art PowerPoint Aboriginal art worksheets Boomerang template Wooden boomerang Individual Challenge assessment sheets</p>	<p>CDT – Year 7 – 3 R's project Citizenship- Seasons Science- Animals, seasons CDT- Softwoods and hardwoods Species extinction.</p> <p>Demonstrate how to use binoculars Able to recognise plants and trees</p> <p>What is an entomologist and naturalist Gardening careers</p> <p>Art- Aboriginal art Literacy – Research aboriginal history and designs</p> <p>Able to use research methods</p> <p>Graphic design</p>
Summer 2	<p>Basic woodworking skills Challenge reference: 2387</p>	<ul style="list-style-type: none"> I can identify three tools needed for woodwork. I can store tools safely. I can demonstrate how to use tools safely. I can demonstrate how to use common woodworking tools safely in a practical way to construct one 3D item. I can research and choose a mocktail to make. 	<p>https://www.asdan.org.uk/lsc/challenge-search?searchTerm=2387 Workshop tool worksheet Workshop tools Timber Individual Challenge assessment sheets</p>	<p>CDT- Design, create, evaluate. Maths- 3D models. CDT- Select and use tools Independently correctly and safely Design and manufacture</p>

	Making a mocktail Challenge ref: 3519	<ul style="list-style-type: none"> • I can make the mocktail, using utensils safely. • I can serve their mocktail 	https://www.asdan.org.uk/lsc/challenge-search?searchTerm=3519 Mocktail worksheet Kitchen utensils Ingredients Cocktail glasses Individual Challenge assessment sheets	Literacy – research recipes, reading recipes Cooking – using equipment safely and correctly. Maths – measuring in ml and oz. How to serve their Mocktail Catering skills
--	--	---	--	--

YEAR 8 — MEDIUM-TERM OVERVIEW

Half term / Key question:	Topic	Pupil Outcomes	Resources	Cross Curricular links Personal Development Links Careers Related Learning Links
Autumn 1	Making a model Challenge ref: 2321	<ul style="list-style-type: none"> • I can Investigate a range of different materials that could be used to make a model. • I can join or connect different materials together using different types of fastenings. • I can Participate in making a model with others. 	https://www.asdan.org.uk/lsc/challenge-search?searchTerm=2321 Cardboard, paper, plastic bottles Hand tools- scissors, glue, stapler, scalpel. Laptop for research Individual Challenge assessment sheets	Literacy- researching different ideas ICT- using internet CDT- use of different materials Maths- measurement in mm and cm managing personal learning and development. Planning and working towards targets to improve performance and reviewing progress. CDT skills and jobs Engineering skills and jobs Science jobs
Autumn 2	Working with money Challenge ref: 3113	<ul style="list-style-type: none"> • I Know how to place money in terms of value. • I can carry out calculations with money. 	https://www.asdan.org.uk/lsc/challenge-search?searchTerm=3113 Work sheets, calculator, pencils, rubber Individual Challenge assessment sheets	Maths – Money Mental maths Personal development with money Independency Retail jobs

	<p>WW 2 life on the home front: Evacuation and Rationing Challenge reference: 4473</p>	<ul style="list-style-type: none"> • I can recognise features and characteristics of evacuation. • I can recognise features and characteristics of rationing. • I can identify a person associated with rationing and evacuation in World War Two. • I can use historical sources to find out about rationing and evacuation in World War Two. 	<p>https://www.asdan.org.uk/challenge?challengeid=4473</p> <p>Explanation on what plagiarism is and why it is not allowed.</p> <p>Example of how to research and put information into own words.</p> <p>Laptops, PowerPoint</p> <p>Example ration books</p> <p>Individual Challenge assessment sheets</p>	<p>History –WW2</p> <p>ICT- use of PowerPoint</p> <p>Literacy- Reading information when researching</p> <p>Community inclusion- looking at different people's experiences.</p> <p>Mental maths</p> <p>Personal development – understanding some aspects Of WW2 in the UK.</p> <p>Independency</p> <p>Why History is important</p> <p>Link to Historian and museum careers</p>
<p>Spring 1</p>	<p>Design and create a board game Challenge ref: 5196</p>	<ul style="list-style-type: none"> • I know what a mind map is and can produce a mind map idea for a board game. • I can design a board game suitable for the age range 5-8 years old. • I can write instructions for the board game. 	<p>https://www.asdan.org.uk/challenge?challengeid=5196</p> <p>Mind map and instruction examples</p> <p>Plain paper, pencils, felt-tips</p> <p>Laptop</p> <p>Individual Challenge assessment sheets</p>	<p>Art –drawing</p> <p>Graphics- board layout and counters</p> <p>use of 3D printer if wanted</p> <p>Literacy- Writing instruction being able to understand requirement.</p> <p>Creativity</p> <p>Group discussions</p> <p>Teamwork</p> <p>Graphics industry</p>
<p>Spring 2</p>	<p>Maintaining a push bike Challenge ref: 6108</p> <p>Visit a museum Challenge ref: 1102</p>	<ul style="list-style-type: none"> • I can demonstrate an understanding of push bike maintenance. • I understand the benefits of carrying out regular bike maintenance and the possible consequences of not completing any checks. • I know how to complete and carry out three bike checks. • I understand what a museum is and its purpose. • I can take part in a visit to a museum. • I know how to review the experience. 	<p>https://www.asdan.org.uk/challenge?challengeid=6108</p> <p>Bikes</p> <p>Bike tools</p> <p>Laptop</p> <p>Individual Challenge assessment sheets</p> <p>https://www.asdan.org.uk/challenge?challengeid=1102</p> <p>Individual Challenge assessment sheets.</p> <p>Trip to local museum.</p> <p>Museum review sheet.</p>	<p>English- verbal explanations</p> <p>Literacy- reading and writing instructions</p> <p>Personal development</p> <p>Ability to learn</p> <p>Problem solving</p> <p>Safety awareness</p> <p>Bike Maintenance</p> <p>Engineering</p> <p>Literacy-</p> <p>English- Reviewing experience</p> <p>Personal etiquette</p> <p>Experience a trip to museum</p>

--



- I can identify locations that are recognised as being good sites for metal detecting.
- I can participate in metal detecting with support

--

--

				<p>Safety rules in the kitchen</p> <p>New practical skills</p> <p>Money budgeting</p>
<p>Spring 1</p>	<p>Photography and animation</p> <p>Challenge ref: 2252</p>	<ul style="list-style-type: none"> • Take photographs of different objects or subjects. • Create a stop motion scene. 	<p>https://www.asdan.org.uk/challenge?challengeId=2252</p> <p>Individual Challenge assessment sheets</p> <p>Laptop</p> <p>DSLR camera</p> <p>Objects to photo</p> <p>Storyboard examples</p>	<p>Art /CDT -Photography</p> <p>ICT-animation</p> <p>Numeracy, literacy and SMSC embedded through every project</p> <p>Problem solving</p> <p>Independence</p> <p>ICT skills</p> <p>How to use a DSLR camera</p> <p>New practical skills</p> <p>Graphics and Phtography careers</p>
<p>Spring 2</p>	<p>WW 1</p> <p>Life for a British Solider</p> <p>Challenge ref: 4984</p> <p>Contrasting Countries.</p> <p>Challenge ref: 1106</p>	<ul style="list-style-type: none"> • Be able to describe key equipment required by a British soldier during World War One. • Be able to explain what life was like in the trenches during World War One. • Be able to use geography skills to recognise key physical and human features. • Be able to explore similarities and differences. • Be able to draw a simple conclusion to the study 	<p>https://www.asdan.org.uk/challenge?challengeId=4984</p> <p>Individual Challenge assessment sheets</p> <p>Laptop</p> <p>Work sheets</p> <p>https://www.asdan.org.uk/challenge?challengeId=1106</p> <p>Individual Challenge assessment sheets</p> <p>Laptop</p> <p>Work sheets</p>	<p>Numeracy, literacy and SMSC embedded through every project</p> <p>Research methods</p> <p>Working independently</p> <p>Looking at History of WW1</p> <p>New skills using computer to search for facts</p> <p>Numeracy, literacy and SMSC embedded through every project</p> <p>Research different countries</p> <p>Working independently</p> <p>Geography skills</p> <p>Geography careers</p>
<p>Summer 1</p>	<p>Participate in gardening activities</p> <p>Challenge reference: 1047</p>	<ul style="list-style-type: none"> • Demonstrate knowledge and use of gardening tools • Recognise a range of plants • Demonstrate safe practice when planting 	<p>https://www.asdan.org.uk/challenge?challengeId=1047</p> <p>Individual Challenge assessment sheets</p> <p>Gardening tools and equipment</p> <p>Plants</p>	<p>PSHE – Responsibility</p> <p>Cooking- Where food comes from</p> <p>Numeracy, literacy and SMSC embedded through every project</p> <p>Problem solving</p> <p>Independence</p> <p>Working independently</p> <p>Safety rules in the garden</p>

				New practical skills Horticulture careers
Summer 2	<p>Cars - conducting vehicle maintenance checks Challenge ref: 1367</p> <p>Completing a bank account application Challenge ref: 3742</p>	<ul style="list-style-type: none"> I can understand why vehicle maintenance is important I can understand and explain the benefits of maintaining a vehicle and the possible consequences of failing to perform regular checks I can carry out vehicle maintenance checks <ul style="list-style-type: none"> Be able to identify credits on a bank statement. Be able to identify debits on a bank statement. Be able to identify documentation required to open a bank account. Be able to complete an application for a bank account. 	<p>https://www.asdan.org.uk/challenge?challengeId=1367 Individual Challenge assessment sheets Tire pressure machine. Car Worksheets</p> <p>https://www.asdan.org.uk/challenge?challengeId=3742 Individual Challenge assessment sheets Laptop PowerPoint – Banks and different types of accounts. Example bank application forms</p>	<p>PSHE – Responsibility Maths –reading numbers CDT- Visual checks Numeracy, literacy and SMSC embedded through every project Problem solving Independence Teamwork Safety rules when working on a car. Research, discussion, questioning New practical skills Mechanical engineering</p> <p>Citizenship- Money matters Maths- Currency Research, discussion, questioning Employability</p>