

The Polygon School

ASDAN LIFESKILLS Medium term planning 2026-2027

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	Participating in board games Challenge reference: 3880	- 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.	Asdan life skills website https://www.asdan.org.uk/lsc/challenge-e-search?searchTerm=3880 Individual Challenge assessment sheets Equipment to complete challenges Board games	PSHE – Responsibility
	Making a hot drink Challenge ref: 1869	- 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.	https://www.asdan.org.uk/challenge?challengeId=1869 Kettle Coffee, tea, hot chocolate	Cookery – Making a hot drink
	Health and safety in DT Challenge ref: 1018	- 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	https://www.asdan.org.uk/challenge?challengeId=1018 Workshop tools and materials	Development of awareness of health and safety rule in school and at home Independence skills How to work safety in workshop
Autumn 2	Money management	- I can discuss whether I think money is important - I can use addition and subtraction to solve	https://www.asdan.org.uk/challenge?challengeId=5429	Maths – addition, subtraction. Collect data including the use

	Challenge ref: 5429 Cooking with chocolate to make a range of seasonal treats Challenge ref: 4695 Part 1 E-Safety Challenge Ref 6800	money problems. • 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.	Individual Challenge assessment sheets Equipment to complete challenges Work sheets on money https://www.asdan.org.uk/challenge?challengeId=4695 Chocolate recipe books Kitchen https://www.asdan.org.uk/challenge?challengeId=6800 Computers	of tally charts Present data in simple tables and charts 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 ICT-E-safety Class debate on staying safe on social media Staying safe online
Spring 1	Basic First Aid Challenge ref: 6339	• 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.	https://www.sja.org.uk/get-advice/first-aid-lesson-plans/ https://www.asdan.org.uk/challenge?challengeId=6339 CPR dummies Worksheets Individual Challenge assessment sheets Equipment to complete challenges	PSHE- First aid Science- Biology Class debate on different parts of first aid challenge Responsibility looking after pets The role of doctors and nurses RSPCA

	Animal Care - Knowledge of Pets Challenge ref: 1319	• 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	https://www.asdan.org.uk/challenge?challengeId=1319 Laptops for animal care challenge Individual Challenge assessment sheets	
Spring 2	Cooking with chocolate to make a range of seasonal treats Part 2 Challenge ref: 4695	• 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.	https://www.asdan.org.uk/challenge?challengeId=4695 Individual Challenge assessment sheets Equipment to complete challenges Chocolate recipe books	Cooking- Cooking biscuits or cakes ICT – 7- Word, PowerPoint, PSHE – Across All years (Personal Safety) Demonstrate how to use different ICT skills Graphic designers
	Using Minecraft construct a build of a famous building Challenge reference: 1691	• 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	https://www.asdan.org.uk/challenge?challengeId=1691 Individual Challenge assessment sheets Laptop Minecraft website or software Evaluation sheets	

		- 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	Exploring the natural environment Challenge ref: 3585 Aboriginal-Style Art Designs Challenge reference: 4509	- 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	https://www.asdan.org.uk/lsc/challenge-search?searchTerm=3585 Binoculars Seasons work sheet Birds' worksheets Individual Challenge assessment sheets https://www.asdan.org.uk/challenge?challengeId=4509 Aboriginal art PowerPoint Aboriginal art worksheets Boomerang template Wooden boomerang Individual Challenge assessment sheets	CDT – Year 7 – 3 R's project Citizenship- Seasons Science- Animals, seasons CDT- Softwoods and hardwoods Species extinction. Demonstrate how to use binoculars Able to recognise plants and trees What is an entomologist and naturalist Gardening careers Art- Aboriginal art Literacy – Research aboriginal history and designs Able to use research methods Graphic design
Summer 2	Basic woodworking skills Challenge reference: 2387	- 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.	https://www.asdan.org.uk/lsc/challenge-search?searchTerm=2387 Workshop tool worksheet Workshop tools Timber Individual Challenge assessment sheets	CDT- Design, create, evaluate. Maths- 3D models. CDT- Select and use tools Independently correctly and safely Design and manufacture

	Making a mocktail Challenge ref: 3519	- 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
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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	- 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	- 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

		• I can identify locations that are recognised as being good sites for metal detecting. • I can participate in metal detecting with support		
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YEAR 9 — MEDIUM-TERM OVERVIEW

Half term / Key question:	Topic	Pupil Outcomes	Resources	Cross Curricular links Personal Development Links Careers Related Learning Links
Autumn 1	Roman settlement in Britain Challenge ref: 1204	- I Know how and when the Romans arrived in Britain. - I can identify which parts of Britain were settled by the Romans and which were not. - I am able to describe how Roman roads and travel differed from British roads and travel. - I am able to describe how Roman homes differed from British homes. - I am able to identify ways in which life in Britain was changed by the arrival of the Romans.	https://www.asdan.org.uk/challenge?challengeId=1204 Individual Challenge assessment sheets Laptops Worksheets Pens, pencils, rulers	PSHE – Responsibility Art- sketching Numeracy, literacy and SMSC embedded through every project Introduction to new environment. History project Independence Working independently New practical skills
	Doing own laundry Challenge ref: 1247	- I can identify a reason for washing clothes - I can sort clothing into light and dark colours - I Know the sequence of events for using a washing machine - I Know what to do when the machine has finished - I can demonstrate how dry the clothes - I can fold and put washing away	https://www.asdan.org.uk/challenge?challengeId=1247 Individual Challenge assessment sheets Clothes Washing machine and washing powder or liquid	PSHE – Responsibility Numeracy, literacy and SMSC embedded through every project Problem solving Independence Working independently New practical skills
Autumn 2	Cooking a healthy meal on a budget Challenge ref: 3788	- Be able to describe what is meant by a healthy diet. - Be able to plan a healthy meal on a budget. - Be able to prepare a healthy meal.	https://www.asdan.org.uk/challenge?challengeId=3788 Individual Challenge assessment sheets Laptop Cookbooks Apron Kitchen and equipment Food ingrediencies for students	PSHE – Responsibility Maths –budgeting and money Cooking- What is a healthy meal Numeracy, literacy and SMSC embedded through every project Problem solving Independence Working independently

				New practical skills Horticulture careers
Summer 2	Cars - conducting vehicle maintenance checks Challenge ref: 1367 Completing a bank account application Challenge ref: 3742	- 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 - 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.	https://www.asdan.org.uk/challenge?challengeId=1367 Individual Challenge assessment sheets Tire pressure machine. Car Worksheets https://www.asdan.org.uk/challenge?challengeId=3742 Individual Challenge assessment sheets Laptop PowerPoint – Banks and different types of accounts. Example bank application forms	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 Citizenship- Money matters Maths- Currency Research, discussion, questioning Employability