

Post 16 Scheme of work – Informal Complex

Year 1

AQA

40233 Experiencing opportunities to make a choice

71992 Trampolining (Unit 1)

05571 Behaviour and Social skills in PE (unit 1)

11572 Helping to make cakes with support

108588 Water confidence with support

112592 Emotional Wellbeing

114029 Preparing for Leisure –Appreciating Dance (unit 2)

115630 Participating in a sensory circuit with support

ASDAN

TISM54 Towards Independence: Meal preparation and cooking: Introduction

Year 2

AQA

112003 Hydrotherapy in school

91801 Sensory Stories: participation

117340 Preparing for leisure: rebound therapy (Unit 1)

75445 Receiving a hand massage

115437: Focusing attention with support (Unit 1)

82545 Feeding (unit 1)

84943 Making a cold drink (unit 1) Assisted

Or 84944 Making a cold drink (unit 2) pre-measured Quantities

110679 Vacuuming a floor (unit 1) with instruction, prompting and full support

ASDAN

TISM60 Towards Independence: Developing communication skills

Year 3

AQA

74844 Introduction to the hydrotherapy pool with support

115435 Focusing attention with support

112137 Experiencing the community around us

76685 Basic cleaning with assistance

87718 Beginning to communicate in rebound therapy

105584 Introduction to movement with support

72240 Music and movement

112012 Sensory cooking with support

ASDAN

TISM51 Engaging with the world around me: Objects

Post 16 Complex (As each group/individual is different, these may or may not be appropriate- add more individualised AQA e.g. instead of hydrotherapy one might use 108079 Using a public swimming pool with assistance)