

The Pathways Curriculum

English

The English offer at Pathways focuses on the development of students' communication skills, to provide them with the skills, vocabulary and confidence to express themselves as adults.

Topics covered:

- Messages, Emails and communicating online.
- CV, personal statements and covering letters.
- Application forms and interview techniques.

Shopping

Students complete a weekly supermarket shop for the college, plus they practise using the local stores for 'top up' shops.

They support with planning and budgeting the shop, plus practise using the checkouts and packing, all key skills for adult life.



Home Management

Using our independence flat, we give our students the skills and knowledge of how to keep their living spaces as adults clean and tidy.

A selection of the home management tasks we teach:

- Washing and wiping up.
- Hoovering
- Wiping down surfaces
- Dusting
- Window cleaning.
- Making a bed

Careers

All students have the opportunity of undertaking work experience with a local employer, or organisation whilst at Pathways College.

Our on-site careers team advises students on future employment opportunities and choosing their next placement.

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Creative arts

Our arts curriculum focuses on not only developing student's skills and techniques, but also how the creative arts can be a life-long therapeutic activity to support mental health and well-being.

Cooking

Students practise following a recipe, to cook a hot meal, or bake cakes every week at Pathways, which they then share with the other students in our family style dining room.

Our students have independent access to the kitchen throughout the day, to make their own drinks, snacks and lunches.



Maths

We focus on functional skills that will support the students in their daily lives.

- Number
- Time
- Money
- Measure
- Budgeting

Students regularly practise these skills across our curriculum when they are shopping, cooking and completing D.I.Y activities.

Community Independence

At Pathways we are out in the local community every day, and weekly we visit an area of interest in Norfolk. This enables our students to develop the confidence and resilience to cope with new environments, people and situations as adults.

Whilst we are out, we practise road safety and use public buses wherever possible, to support independent travel as an adult.

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Gardening and D.I.Y

With our large garden and allotment, students have the opportunity to:

- *Grow produce from seed*
- *Maintain a garden*
- *Use a lawnmower and other gardening equipment*

We also teach D.I.Y skills. These include:

- *Painting and decorating*
- *Assembling furniture*
- *Using a hammer, saw and screwdriver*

PSHE

We have selected topics that are relevant for our students in making sense of the 'real' and 'online' world as they enter adulthood.

Topics covered:

- *What I share publicly and what I keep private.*
- *Personal hygiene and self-care*
- *Relationships and sex education*
- *Healthy Lifestyles*



Feelings and emotions

Our students are supported to help them identify and understand their feelings and emotions. This enables students to find strategies and coping mechanisms that support mental health and well-being, enabling them to achieve their hopes and aspirations.

Sports and leisure

Our students experience the physical and mental health benefits that movement and exercise provide.

Our life-skills curriculum builds in cardiovascular and strengthening activities, and we have access to a gym on the Parkside School site, plus, other local commercial facilities.