

Preparing For Adulthood (PFA) Informal Curriculum Overview

Gold

The PFA Informal Curriculum combines acquisition of skills, leading focus on preparation for adulthood and life outside of Carlton Digby School.

Learning is organised in the following ways:

- English is delivered in discreet lessons using an identified book as the theme.
- Maths and science enquiry is embedded throughout all the lessons.
- Shared learning includes a physical, sensory and a British Values/ citizenship activity with 2 other classes within school.
- Creative embeds art, DT, STEM, music and drama.
- Preparation for adulthood including skills that will lead to happy successful adults such as communicating, accessing the community and about the world of work.
- Physical Education (Physical development, Sensory diet, Mark Making, Fine and gross motor development)
- Computing is focussing on ICT in everyday life and involves changing the environments/ and making environments more accessible.
- PSHE/ RSE is delivered discreetly in Healthy me session and is also incorporated into everyday school life, identifying opportunities for problem solving and transferable skills.

See Carlton Digby Progression Document for progression across the curriculum.

Cycle C 2024-25 2026-27	Autumn	Spring	Summer			
English	<p>Fiction:</p> <ol style="list-style-type: none"> 1. A Dangerous Game (Malie Blackman) 2. Six Dots: A Story of six dots (Jen Bryant) <p>Non- Fiction:</p> <ol style="list-style-type: none"> 1. The wonderful world of inventions (Joanna Brundle) <p>Poetry:</p> <ol style="list-style-type: none"> 1. Michael Rosen's Book of Very Silly Poems 	<p>Fiction:</p> <ol style="list-style-type: none"> 1. Suitcase s(witch) (Aisha Bushby) 2. The dog that saved the world (cup) (Phil Earle) <p>Non- Fiction:</p> <ol style="list-style-type: none"> 1. Predators (Mignonne Gunasekara) <p>Poetry:</p> <ol style="list-style-type: none"> 1. Poems to Perform: A Classic Collection Chosen by the Children's Laureate 	<p>Fiction:</p> <ol style="list-style-type: none"> 1. The great (food) bank heist (Onjali Q Rauf) 2. Hetty and the battle of the books (Anna James) <p>Non- Fiction:</p> <ol style="list-style-type: none"> 1. Survival in space: the Apollo 13 mission : an incredible true story (David Long) <p>Poetry:</p> <ol style="list-style-type: none"> 1. A Whale of a Time: A Funny Poem for Every Day of the Year. 			
PFA – Shared learning	<p>Our shared learning sessions are joint learning opportunities. Two or more classes come together for shared play and learning. Planning focuses on physical, communication, child-led and social learning.</p> <p>How our pupils get to know about other people, the place where they live, the wider world, festivals, British and other cultures and about all aspects of the environment. Our aim is to guide our pupils to make sense of their physical world and their community. The frequency and range of children’s personal experiences increases their knowledge and sense of the world around them – from visiting religious buildings, parks, libraries, and museums to meeting important members of society such as key religious figures, police officers, nurses etc. In addition, our pupils experience a broad selection of stories, non-fiction text, rhymes, and poems to foster their understanding of our culturally, socially, technologically, and ecologically diverse world.</p> <p>Our shared learning sessions include British values, and recognition and celebration of religious events and festivals. Pupils from local mainstream primaries and secondaries may join these sessions.</p>					
	Democracy	Black history month	Rule of law	Respect	Tolerance	Individual Liberty

PFA- Informal- Long Term Overview

	Joint attention autism session	Accessing an art session in a different classroom	Games and turn taking with my peers.	Mindfulness and movement- accessing soft play and the sensory room.	Being part of a community- working together to improve our school.	Joint forest school activity
PFA Creative for joy Equals	Programme: Adventurer Unit Content: a. Making and using musical instruments b. Sculpture c. Mime and role play		Programme: Explorer Unit Content: a. Classical musical appreciation b. 2D representation c. Movement and gesture		Programme: Globetrotter Unit Content: a. Popular Music b. Contemporary Art c. Theatre and Film Making	
Physical me	Y1 1 – Dance – The Seasons	Gymnastics: Under the sea	Dance: Plants / Disability Sports	Yoga	Throwing and Catching	Foundation Games: Mini Olympics
Cookery	Staying safe in the kitchen	Preparing hot drinks	Preparing eggs	Preparing items on toast	Preparing a cold snack	Preparing a treat
Using ICT in the everyday world	Equals Changing Environments Use a switch to make changes in a sensory room e.g. changing light and sound.		Equals Getting Information Use switch operated computer programmes for students to show responses and make choices e.g. preferences for sounds and colours.		Equals Communicating Send and receive messages using a mobile phone or e-mail (with voice/ photos/ video)	
RE/ SMSC	B – Buddhism C – Christianity H – Hinduism I – Islam					

Notts Agreed RE	J – Judaism S – Sikhism WV – World View					
Syllabus	3.7.3 What does the story of the Good Samaritan teach us? C		3.7.4 How do Muslims live their life through the Qur'an? I	3.7.5 What can religious stories tell us about good and evil? C B S Greek mythology		
Religious/world events this term	Fairtrade fortnight Harvest International Day of Peace Rosh Hashanah Yom Kippur Sukkot Halloween	World Vegan Day Diwali Guy Fawkes St Andrews Hannukah Christmas	Holocaust Remembrance Day Lohri Martin Luther King Day Chinese New Year Shrove Tuesday Valentines Random acts of kindness week	International Womens Day World Water Day Mother's Day Ramadan Holi World Wildlife Day St Davids Day UN Autism Day Eid al Fitr Easter	World Art Day Earth Day Passover Stephen Lawrence Day Mental Health awareness week May Day International vegetarian day World bee day Vesak	Pride World Environment Day World music day Windrush day Father's Day Shavuot World ocean day Islamic New Year Day of friendship day Emmeline Pankhurst day Nelson Mandela Day
PFA Healthy Me (PSHE/ RSE)	Adventurer: Personal hygiene	Adventurer: Sexuality education/ reproduction	Explorer: A healthy lifestyle Family and friends	Explorer: Body awareness and physical changes	Globetrotter: Using Local Facilities for Health Drugs Awareness	Globetrotter: Personal Care and Presentation

<p>Work related learning and PFA.</p>	<p>Adventurer: Team work at school A job study Safety at school</p>	<p>Explorer: Voluntary jobs in the community Work experience in school or college</p>	<p>Globetrotter: Advertising The Work Place</p>
<p>Community/Independence</p>	<p>Our community/independence curriculum is designed to support pupils to develop their decision-making, autonomy, and life skills, whilst supporting individual needs, fostering independence and community inclusion.</p> <p>Our community/independence curriculum aims to:</p> <ul style="list-style-type: none"> • Encourage personal choice-making within a structured framework. • Develop practical life skills to enhance independence. • Promote understanding and engagement with the community 		

Cycle A 2025- 26 2027-28	Autumn		Spring		Summer	
English	Fiction: 1) Wonderfully Wired (Louise Gooding) 2) Worry Angels (Sita Brahmachari) Non- Fiction: 1) Our wonderful world (Nikki Gamble) Poetry: 1) Poems Aloud (Joseph Coelho and Daniel Gray-Barnett)		Fiction: 1) The Queen's Fool (Ally Sherrick) 2) Amanda Gorman (Maria Isabel Sanchez Vegara) Non- Fiction: 1) You Can Do Anything! (Jonnie Peacock) Poetry: 1) Animal Poems (Jennifer Curry)		Fiction: 1) What Happened to You? (James Catchpole) 2) The Red Beast (Kay Al-Ghani) Non- Fiction: 1) Nottingham Picture book: (Cason Kaydence) Poetry: 1) The Puffin book of utterly brilliant poetry (Brian Patten)	
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PFA Creative for joy Equals	Traveler: Traditional music Drama in the community		Voyager: Composing Music Abstract Art Techniques		Voyager/ Traveller: Puppets Artefacts in the community	
Physical me	Kin ball/ group sports	Gymnastics: Animals	Parachute Games	Yoga: Salute to the Sun	Throwing and Catching	Boccia
Cookery	Staying safe in the kitchen	Using the microwave to heat food items.	Preparing sandwiches	Using knives and inclusive equipment to help me prepare food.	Preparing smoothies	Preparing a cakes/desserts
Using ICT in the everyday world	Equals Changing Environments Use a switch to operate a cause and effect computer programme e.g. picture building.		Equals Getting Information Use remote control devices to operate DVDs, television or CDs.		Equals Communicating Create a slideshow of photographs showing achievement.	
Religious/world events this term	Fairtrade fortnight Harvest	World Vegan Day Diwali Guy Fawkes	Holocaust Remembrance Day Lohri	International Womens Day World Water Day	World Art Day Earth Day Passover	Pride World Environment Day

PFA- Informal- Long Term Overview

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RE/ SMSC Notts Agreed RE Syllabus	<p>B – Buddhism C – Christianity H – Hinduism I – Islam J – Judaism S – Sikhism WV – World View</p>					
	3.9.1 What did Jesus teach about forgiveness? C		3.9.2 How is the Hindu faith expressed? H		3.9.3 Origins: Where do we come from? J C H I	
PFA Healthy Me (PSHE/ RSE)	Traveller: Emotions	Traveller: Financial responsibility	Voyager: Advocacy and Self Expression	Voyager: Personal Safety	Traveller: Relationships	Sexfactor – relationships and our bodies
Work related learning and PFA.	Traveller: Mini enterprise Work experience in the community		Voyager: Salaries, Wages and Allowances Understanding Work Economic Wellbeing		Explorer: First aid and getting help Globetrotter: Understanding a Work Production Line	

			Traveller: Risk Assessment
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