



‘You are in control of your dream and your ambition; no one can take away what you want to be, but you need to find it, so keep trying different things until you find your passion’

(Ade Adepitan)

Intent and Implementation

At The Forest School we promote pupils having meaningful experiences in preparation for their future to be as independent as they can be. Independence acquisition is embedded throughout all learning and in Key Stage 4 pupils will have timetable Life-Skills lessons to complete the

Forest 40

1. Hoover	5. Dust	13. Wash Clothes	21. Clean an Oven
2. Sweep	7. Clean Windows Inside	14. Peg out Washing	22. Clean a Microwave
3. Mop the Floor	8. Clean Windows Outside	15. Fold Clothes	23. Care for Appliances
4. Use a Dustpan and Brush	28. Hang a Picture	16. Iron Clothes	17. Tidy
35. Pump up Bike Tyres	40. Personal Target	6. Recycle	18. Organise
36. Replace the Chain on a Bike	26. Make a bed	29. Wipe Kitchen Surfaces	12. Care for a Pet
37. Fix a Puncture	27. Change a Bed	30. Clean a Bathroom / Kitchen	32. Lay a Table
38. Bike Maintenance	39. Make an Appointment	31. Unblock a Drain	33. Clear a Table
10. Wash Dishes	24. Load a Dishwasher	19. Simple Sewing	34. Wipe Down a Table
11. Dry Dishes	25. Unload a Dishwasher	20. Sew on a Button	9. Lace / Tie a Shoe



The Forest School Life Skills Curriculum

