

Life Skills Challenges and ASDAN at Aspire

At Aspire Academy we believe that providing our students with the skills they need for adult life is key to success. For those with social, emotional and mental health difficulties, this is vital as they prepare for adult life. Through the Life Skills challenges and ASDAN qualification we give our students opportunities to develop life skills in a structured provision that motivates and engages.

Through this programme, our students will develop their skills in teamwork, communication as well as gaining a better understanding of community, health and others beliefs and values. The programme supports the development of positive engagement and boosts self esteem.

KEY STAGE 3: LIFE SKILLS CHALLENGES

The [Life skills Challenges](#) course is supported by ASDAN and is an online bank of more than 1,000 challenges ranging from pre-Entry to Level 3. It focuses on providing personalised learning through challenges in preparing students for adulthood pathways. It supports centres in targeting specific outcomes in educational health care plans and transition reviews.

At Aspire Academy students take on these challenges in KS3 as the tailored learning programme generates engagement and motivation, boosting confidence and self-esteem. The Programme enables young people to be fully prepared for when they leave school, helping develop skills to prepare them for adulthood and to live more independently.

Topics include employability; independent living; out in the community; PSHE, Science, Geography and Sport and Fitness.

Each challenge contains:

- the learning aim
- the learning context

- the preparing for adulthood pathway the challenge is relevant to
 - a list of the skills developed
 - the learning outcomes
 - assessment criteria
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KEY STAGE 4: ASDAN

Aspire Academy students have the opportunity to follow ASDAN's established **Personal Development Programmes** (Bronze, Silver and Gold)

This nationally recognised program offers imaginative ways of developing, recording and certificating a wide range of young people's personal qualities, abilities and achievements, as well as introducing them to new activities and challenges.

What is the personal development program?

The program allows the students to develop and recognise a range of skills that will be invaluable when they start work and begin living independent lives. Students will work through a student book that comprises of 13 modules.

Module titles: **Communication; The Community; Sport and Leisure; Home Management; The Environment; Number Handling; Health and Survival; World of Work; Science and Technology; The Wider World; Expressive Arts; Beliefs and Values; Combined Studies**

The modules are divided into section A and section B. Each section is made up of a variety of different challenges.

Section **A** challenges are smaller, bite-sized activities. Whereas Section **B** challenges are bigger projects that will take more time.

With support from the teacher, students can choose the modules and challenges they would like to undertake. This provides students ownership of their learning and allows for maximum engagement. Students also learn how to plan and review their activities as well as how to build and organise a portfolio.

Key life skills will also be developed whilst working through the challenges.

These key skills include:

1. Teamwork
 2. Independent learning
 3. Coping with problems
 4. Using Maths
 5. Using English
 6. Using IT
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Assessment

Students will need to provide one piece of evidence for each challenge.

Evidence could include: student work, photos, podcasts, maps, tickets, interview notes or witness statements.

At the end of the course, students will be asked to complete a personal statement. Within their personal statement students will explain how they felt about the programme; including their strengths and weaknesses and how they will use the key life skills developed to either progress on to further qualifications or use in adult life.

Through the ASDAN course and programmes Aspire Academy also aims to:

- enhance self-belief and resilience
 - engage and motivate young people
 - strengthen and celebrate learners' academic and vocational education
 - inspire creativity and ambition to make full use of students' talents
 - prepare learners with knowledge and skills for the workplace
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