

# ASHLEY DOWN COLLEGE-Term 4

## 2019-20 POST-16 TRANSITION CLASS

**English-** Speaking, Listening and Communication will be the focus this term for the class. A combination of speaking in groups, presentations and research to enable the students to further develop the confidence that will help them in their future

**At Home** –Discussions about the world around, films that have been watched, even games that are being played, rather than just doing individual activities without communicating.

**Maths-** Mr McKenna will be taking on the maths from this term, having spent the last term away. Students will be continue with there coursework while he reviews the progress and direction for next steps.

**At Home-** Plan a trip together. Think about spending money, other costs, distance, time, route etc, etc. You'll be amazed at the maths involved!

**Careers With Mr Mckenna** returning to the class, he will be reviewing the work done last year to work out the next steps

**At Home-** Join the online government job search tool. You will need an email address as you will anyway. Here's the link:  
<https://findajob.dwp.gov.uk/create-account>

**Cooking-** The emphasis on independence will drive the session this term.

Pair cooking and lone cooking being the aim

**At Home-** Cook a simple meal in the home setting that you cooked in the lesson. Show them what you know!

<https://www.nhs.uk/live-well/eat-well/healthy-eating-for-teens/>

**Personal Project-** Thursday afternoon's variety session. Ask what they are up to because there's too much to write here!

**At Home-** Have you asked them yet, what they are doing and why they chose it?

**Volunteer Work-** we are going to prepare a bed for one of the parents of the class to grow some of their own veg which is not easy to find but they need quite regularly.

**At Home-** The big debate about food and lifestyle continues in the press. A word you will start to hear is flexitarian.

<https://www.bbcgoodfood.com/howto/guide/what-flexitarian-diet>

**Community Access and Bristol Studies-**

We start Friday morning reading local papers and information about Bristol. We will discuss what is being read and this may drive where we head into the city. So get ready for a little flexibility

**Home-** Bristol has amazing places to go to but it also has amazing places near by that are worth a visit. Check out the website below

<https://visitbristol.co.uk/>

**Gym-** We will continue as normal but we are changing the weigh we measure weight. Students are all base-lined and they will monitor if they go up, stay the same, or go down.

**At Home-** The aim is not only to manage diet and weight but fitness. EVERYTHING is easier the fitter you are.

<https://www.theguardian.com/lifeandstyle/2018/sep/12/how-to-stay-fit-for-ever-25-tips-keep-exercising-expert-advice>

**Art-** We are finishing some work off but we are going to combine art with mindfulness to create abstract outcomes

**At Home-** Look up the term Zen Doodles or Zen Tangles. Pintrest link below to get you started

<https://www.pinterest.co.uk/pin/378583912399416710/>

**PSHE-**We will be looking at Relationships and Sex Education. Lessons very much to fit the students individual need

**At Home-** Ask the students what we are doing to stimulate a chat at home about this part of life

**Work Experience-** The food-bank is a real working environment. No time to be childish, you simply have to get on

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