

Programme of Study – Specialist Centre: New Horizons - ASDAN

New Horizons is an activity-based curriculum resource which supports the delivery of PSHE, Citizenship and Careers Education. The activities also offer an opportunity to develop communication and numeracy skills in a life skills setting.

Working with their tutor, the student completes a Personal Skills section in the New Horizons Record Book for each module they do, which will help them identify specific things they're good at.

The final activity in each module is My Challenge. This requires the learner, working with the tutor, to identify something new they would like to try.

The activities are split into five modules:

- Personal
- Social
- Health
- Citizenship
- Relationships

Each module contains a focused careers-related activity.



Year 7						
Rationale/ narrative	<p>The New Horizons programme is learner-centred, offering structure and flexibility; it provides recognition for small steps in achievement. It supports learning in other subject's areas and provides a basis for working on keys skills in preparation for adulthood.</p> <p><i>Module H2 – Keeping fit: completed in PE lessons</i></p> <p><i>Module H3 – Healthy eating: completed in Food tech lessons</i></p> <p><i>Module S3 – Different communities: completed in RE lessons</i></p>					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Personal	Relationships and Social	Personal/Social/ Relationships/ Health	Relationships/ Health	Citizenship	Personal/Social/ Health/Citizenship
Content	Knowledge and skills covered: P1 – Personal details P2 – My family P3 – Likes and dislikes	Knowledge and skills covered: R5 – Feelings S1 - Friends • R4 – Making friends	Knowledge and skills covered: P5 – My family's jobs S5 - Careers C5/H5 – Finding out about occupations of	Knowledge and skills covered: R1 – Our bodies R2 – Understanding changes H1 – Personal care	Knowledge and skills covered: C1 – Having your say C2 - Rules C3 – Rights and responsibilities	Knowledge and skills covered: H4 – Keeping safe S2 - My local community C4 - Environment

