



**Oakwood Academy**

A Visual Arts, Technology & Sports College

# Life skills Options OCR and ASDAN Home Learning

**FOR YEAR 10 Classes**

By Mrs J Hamer

# Life skills - Why?

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The purpose of life skills are to:

- To develop independence for the future.
- To develop skills for learning, work and life.
- To develop understanding of one's own unique development (both in strengths and areas for improvement)
- To provide further opportunities for young people which contribute towards developing well rounded, responsible young citizens.
- To build confidence and self-esteem.
- To feel good.



# OCR

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**The following pages are for the Year 10 OCR life skills option.**

# Learning Task 1 - OCR



- To watch the news (cbbc newsround) and report back to another person what you have heard, learnt and remembered.
- OR
- Answer questions given to you on the news you have just watched.
- WHY? - Listening to the news gives us up to date factual information. Helps you learn about different events around the world and in your local community.
- It helps us to understand different issues.

# Learning Task 2 - OCR



- Complete a mind map on changes people and communities have had to make during Covid 19/lockdown.

OR

- Complete a mind map on changes you have had to make during Covid 19 and lockdown.
- WHY? To keep us, our families and other people safe.
- To stop the spread of infection.



# Learning Task 3 - OCR



- To look and identify as many hazards as you can. Then suggest some solutions to make it better.
- **WHY?** To improve our observation skills. To identify hazards and provide solutions to keep us safe.
- Look at the image on the following page - how many hazards can you find?
- For Example: (find the red arrow)
- **Hazard - The wire is hanging down and could easily get pulled causing a serious accident.**
- **Solution - Fasten/place the wire to the back of the unit.**



# ASDAN

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The following pages are for the year 10 ASDAN  
life skills option.

# Learning Task 1 - ASDAN

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- To practise making a hot drink with guidance and support, remembering safety at all times.

OR

To practise making a hot drink, remembering safety at all times.

- WHY? To practise and improve our skills. To make mistakes and then learn to get it right (safely). To make their own decisions and make choices.

# Learning Task 2 - ASDAN



- To complete a list on safety tips you followed when making a drink.
- OR
- To complete a mind-map on safety tips you followed when making a drink.
- WHY? To keep us safe, remind us how easy accidents can happen. To create a safe environment. To demonstrate how independent we are becoming.
- See the following page for guidance.

# Supporting Learning Task 2

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- **List**

- Don't overfill the kettle.
- Make sure the wire is at the back of the unit.



# Learning Task 3 - ASDAN

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- Recall the sequence of events you followed to make a drink to another adult.

OR

- Write up a sequence of events you followed to make a drink that could be used to give to someone else to follow.
- WHY? To help others do it correctly, to remind ourselves of the importance of following a sequence. To improve our recall of events and skills.
- See the following page for guidance.

# Supporting Learning Task 3



1. To fill the kettle with water.
- 2.
- 3.
- 4.
- 5.
6. Let it cool down and enjoy it.

## TOP TIPS TO HELP YOU

I have placed numbers 1 - 6 but you may do more or less.

Some sentences you may want to use:

- Collect cups, spoons.
- Collect milk? sugar? tea? coffee? hot chocolate?
- Switch the kettle on correctly.