

LIFE AND
INDEPENDENT
LIVING SKILLS
YEAR 11
ACTIVITY PACK

GATEWAY
COURSE



HEART OF
WORCESTERSHIRE
COLLEGE

Across all our courses we aim to help you to prepare for adulthood and reach your goals.

We have 3 main themes

Independence

Communication

Social and Employability skills

Each course will include the following

- A main qualification
- English and maths
- Work Experience
- Tutorials
- Enrichment

Getting to know you

We know this is a difficult time and usually we would be meeting you at the college.

Here are some of the things you will do if you decide to join us in September. It will be great if you do!

Some of the activities we do in college:

Using the sensory room

- Going to the gym
- Using community places
- Enterprise
- Learning in the classroom
- Cooking

Here are some activities for you to try!

- Health and Wellbeing
- Being out and about and having fun with friends!
- We visited Cosford Air Base
- Using the Sensory room
- Visiting Kenilworth Castle
- Using the student Sub

Create a sensory room here:

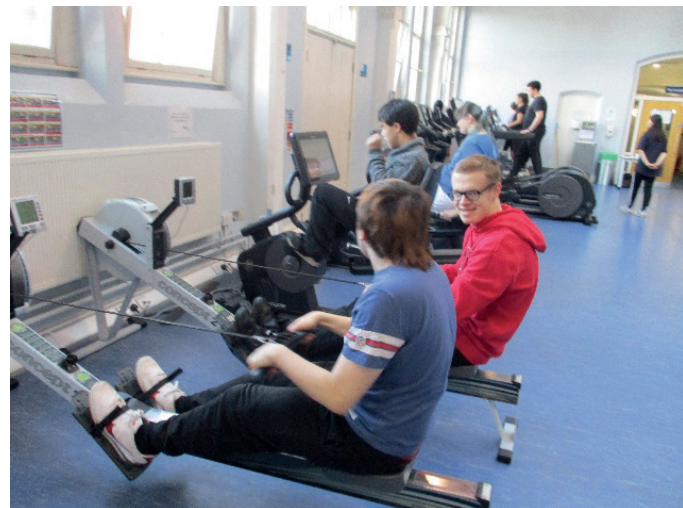
www.sensoryworld.org/sensory_room.html



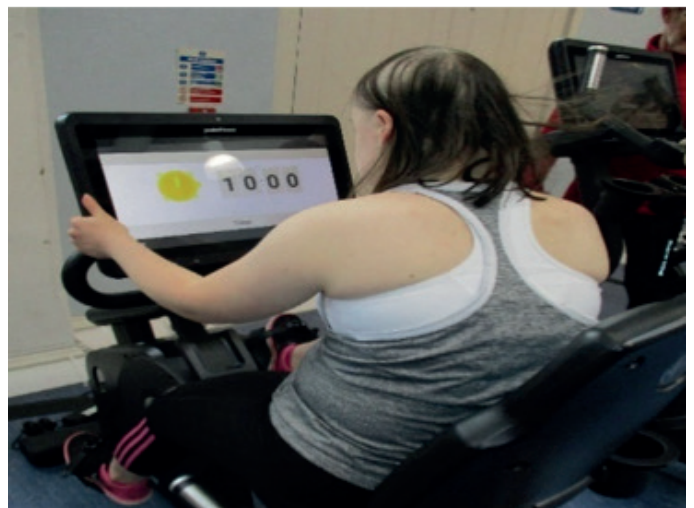
Using Community Places and Enterprise



Our Enterprise Sale



Using the university gym



What places do you visit in your local community?

Riverside Walks

Try this quiz about taking a riverside walk in Worcester – a great way to improve your mental health and wellbeing!

(There are key words at the end to help you)



1. Something you could see on a walk by the river:

- A sweet shop
- An otter
- A car

2. On the river you might see:

- A boat
- A pair of shoes
- A ship

3. Something growing at the side of the river could be:

- A pizza
- A candle
- Some flowers

4. To cross the river you would need to:

- Use a rope
- Use a bridge
- Use a swing

5. Something that swims in the river every day:

- A swan
- A cat
- A plant

6. To be safe by the river you need to:

- Run about on the bank
- Keep to the path
- Close your eyes when walking

Children in Need



Look at this website:

www.bbcchildreninneed.co.uk/

Click on 'Fundraising' and then 'Be the Masterchef'

Watch the video

What are people being asked to do? Put your answer in this box:

Click on 'Fundraising' What is the name of the sweepstake you can see?

Click on 'Shows' and then 'The Rickshaw Challenge'

How many people can you see on the photograph?

Click on 'Shows' and then 'Countryfile Ramble'. What is the colour of the hats people are wearing?

_____/_____

Find a picture of the Children in Need logo and glue it or draw it here:

Click on 'Schools' and 'Student Zone'. Find out:
The dates in November for Children in Need 2019.

Which fitness guru is on this page?

What is Pudsey wearing over his eye?

Write at least two sentences about what you remember about the last Children in Need Day (2019).

You might have:

- Done something special at school
- Watched the programme at home
- Raised some money

Make a plan of what you want to write in the box below:

Cooking in the Kitchen

Using our flat and industrial kitchen



You can do some activities on here:
www.sensoryworld.org/kitchen_entry.html

Food and Drink

Use the space below to write a list of things you like to eat and drink! e.g. apples, tea...

1.

2.

3.

4.

5.

6.

7.

8.



Put a circle around things you would find in a kitchen:



Word match-food

Milk, bread, eggs, potatoes ,bananas, biscuits



Tuna Pasta

Ask someone to help you

You will need

2 red onions

300g sweetcorn

2 x 400g tins of tomatoes

2 x tins of tuna

6 tablespoons tomato puree

500g penne pasta

200 g cheese

2 x 25 g packets crisps plain



1. Fill pan with cold water and bring to the boil
2. Once the water is boiling add the pasta
3. Reduce the heat to simmering and cook for 15 minutes
4. Peel and chop the onions and fry gently
5. Add tins of tomatoes
6. Drain the tuna
7. Drain the pasta carefully in a sieve
8. Mix the pasta tuna tomatoes and onions together and spread in a dish
9. Scatter broken crisps and grated cheese on the top
10. Cook in the oven at 180 degrees for 20 minutes

HOW many activities did you complete?

We look forward to seeing you in September and please feel free to contact us with any questions:

Debbie Morris- CRQ Leader Worcester

01905 725542

dmorris@howcollege.ac.uk

Sally Arblaster- CRQ Leader Redditch

01527 572702

sarblaster@howcollege.ac.uk