



Preparation for Adulthood Outcomes

Foundation Key Stage to Key Stage 2

Foundation Key Stage to Key Stage 2

- Children can achieve a range of Preparation for Adulthood (PfA) outcomes, beginning from early years and continuing through to adulthood.
- To be considered:
- Employment (Learning to think about the word of work)/Education
- Independent living
- Community Inclusion
- Health

It is perfectly fine if some children are unable to achieve some PfA outcomes. This guide offers goals that children can strive towards to enhance their independence skills and support them in leading happy and health lives.



Foundation Key Stage



Education/Employment
(Learning to think about
the world of work)

- I can follow simple instruction(s)
- I can adapt to new environments
- I can join in games and activities with others
- I can solve simple puzzles
- I can role play
(firefighter/doctor/bus driver/builder)



Independent Living



- I can wash my hands
- I can go to the toilet on my own
- I can brush my teeth with help
- I can put my coat on without help
- I can use a fork and a spoon
- I can pick up my toys and put them away



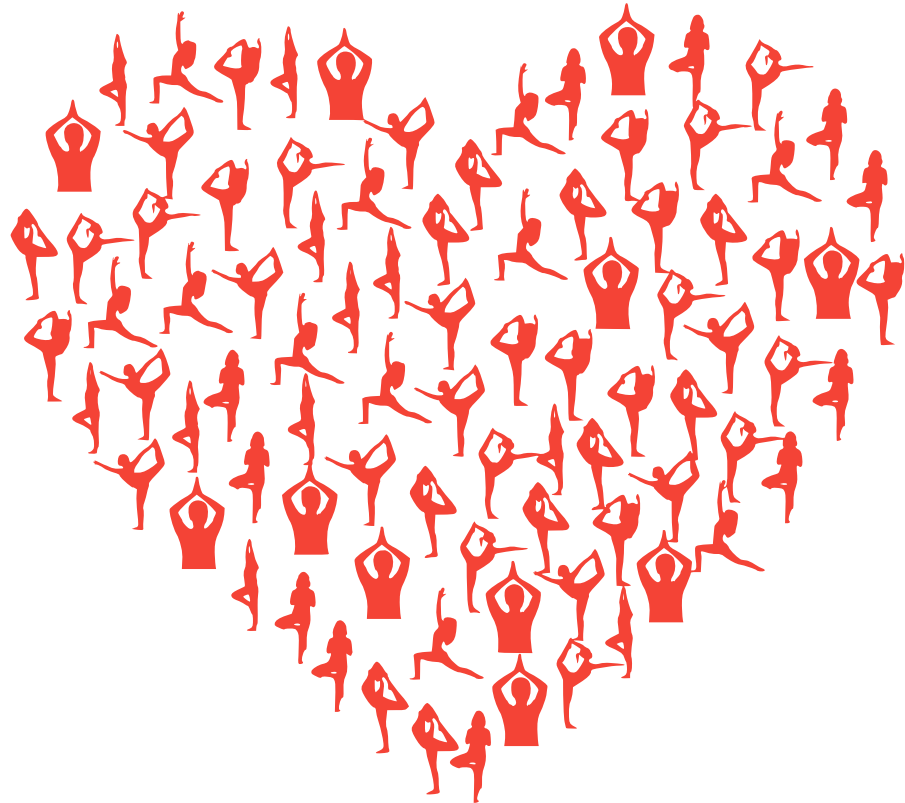
Community Inclusion



- I have made friends at nursery/school
- I can play games with others
- I can share toys and take turns
- I like joining in group reading and story time
- I like to go on visits with mummy, daddy, carer (playground, parks, library)



Health



- I had my health checks at birth
- I eat and enjoy lots of different foods
- I had my 2 year old development check
- I have had all my immunisations
- I can run and jump



Key Stage 1



Education/Employment
(Learning to think about
the world of work)

- I can read, write and recognize numbers to 20.
- I can recognise community buildings/ areas (hospital, fire station, park)
- I can talk about 'what I want to be when I grow up'
- I can recognize jobs in the community (firefighter/teacher/police officer)



Independent Living



- I can wash my face and brush my teeth independently
- I know what time I go to bed
- I have started to learn to tell the time
- I can help an adult pay for things in a shop
- I can help with simple cooking tasks at home



Community Inclusion

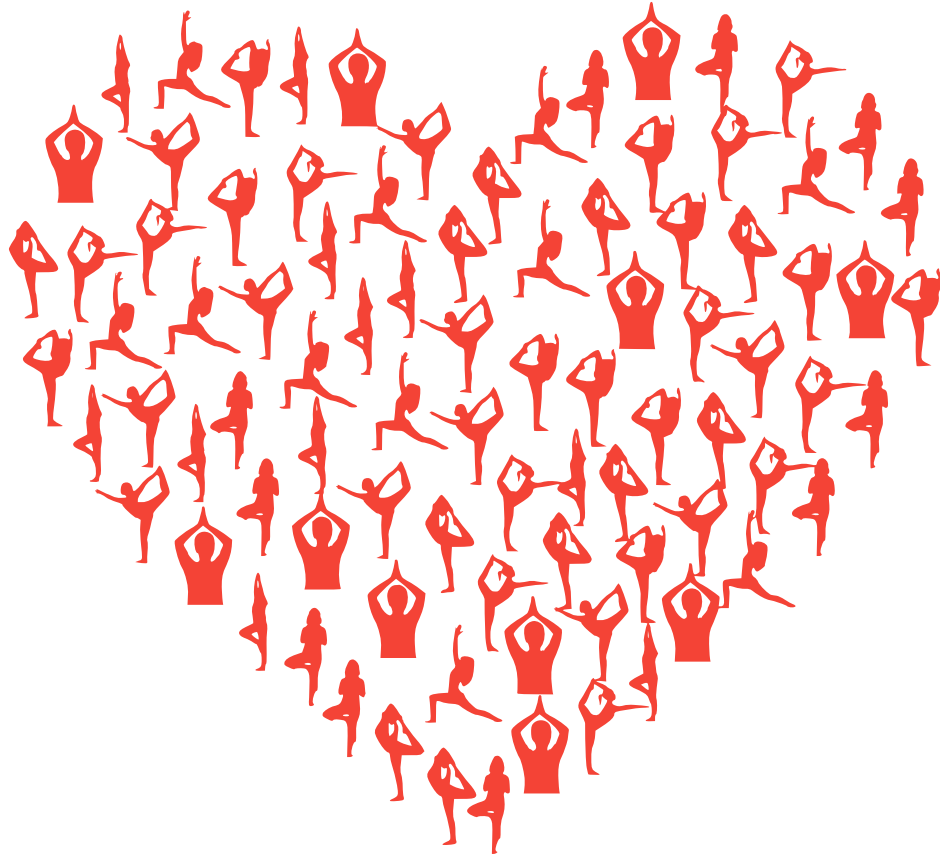


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- I can take part in team games
- I attend/have attended school clubs
- I have taken part in activities at the weekend
- I have developed and friendships in school



Health



- I can make healthy choices with food
- I have visited the dentist
- All my immunisations are up to date
- I can take part in PE, running, jumping and climbing



Key Stage 2



Education/Employment
(Learning to think about
the word of work)

- I can talk about different jobs and careers
- I can talk about my Secondary school options
- I can talk about my interests and future job/career ambitions
- I have listened to a visitor in school talking about their job and career journeys



Independent Living



- I can find my way around school independently
- I know how to stay safe near a busy road
- I can tell the time
- I can understand money (paying for something and getting the right change)
- I can help with cooking at home



Community Inclusion

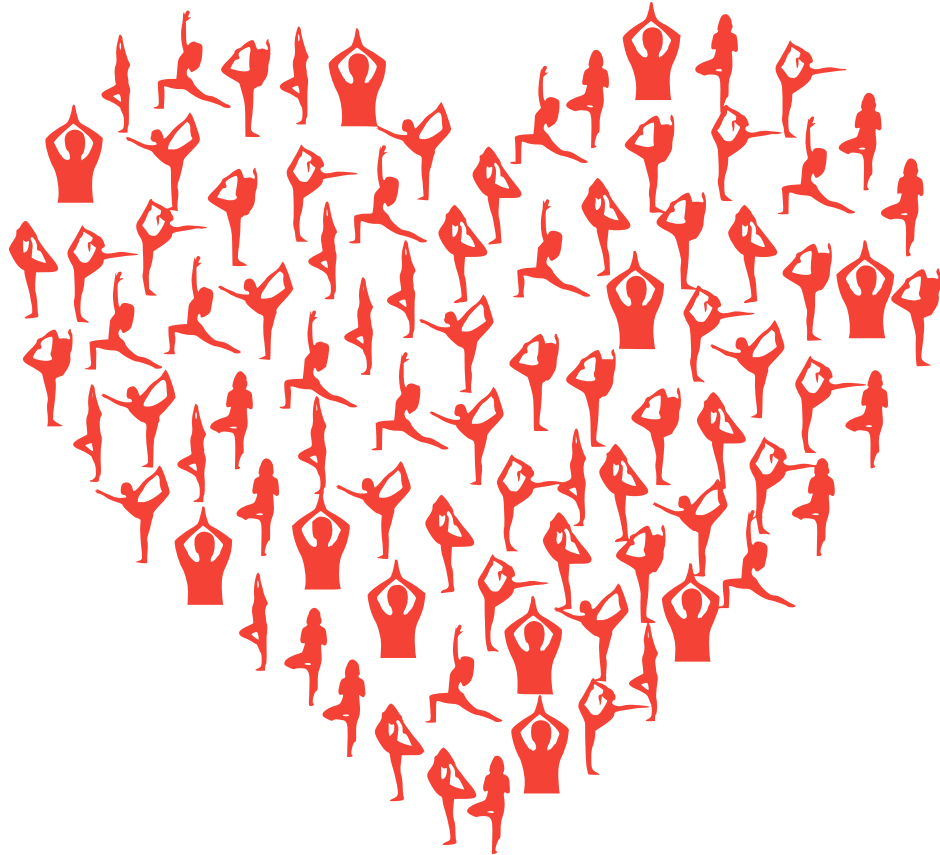


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- I know how to stay safe online and in the community
- I understand bullying and how to tell an adult
- I can manage changes to routines
- I can make and maintain friendships



Health



- I can manage minor health needs (asthma, hay fever)
- I know about puberty and how my body will change
- I can tell an adult when I am in pain or when I feel unwell
- I have taken part in the Year 6 curriculum assessment tests



Evidence parent/carer/teacher

- Parents, carers, or teachers are encouraged to add brief comments or photographs.
- Additional Information suggestions
 - Foundation Key Stage
 - I am happiest when I am.....
 - I am good at.....
 - Parent/Carer comments.....
 - Teacher outcome evidence.....
 - Key Stage 1
 - What people like about me.....
 - My interests and hobbies are.....
 - Parent/Carer comments.....
 - Teacher outcome evidence.....
 - Key Stage 2
 - My favourite subjects at school are.....
 - When I grow up I want to be
 - Parent/Carer comments
 - Teacher outcome evidence.....



Useful links

Education/Employment (Learning to think about the word of work)

- Communication Trust ican.org.uk
- BBC Teach Careers Support [Home - BBC Teach](#)
- Childrens sleep charity [The Sleep Charity](#)
- Family Lives Primary www.familylives.org.uk/advice/primary

Independent Living

- Travel planning [Plan Your Journey | Traveline](#)
- Independent travel training [Independent travel training](#)
- Road safety [THINK! – Road safety](#)
- How to open a Bank Account and budgeting [Banking - Citizens Advice](#)



Useful links continued

Community Inclusion

- E-safety
- Stay safe online
- PfA

[My Safety Net](#)

[CEOP Safety Centre](#)

[Preparing for Adulthood: All Tools & Resources - NDTi](#)

Health

- Childline
- Samaritans
- Find a GP
- Find a Dentist
- Mental Health
- Good Health
- Bullying

[Childline | Childline](#)

[Samaritans](#)

[Find a GP - NHS](#)

[Find a dentist - NHS](#)

[Home - Mind](#)

[Healthier Families - Home - NHS](#)

[Bullying advice and support | Family Lives](#)

