

AKTI Four-year curriculum map: Preparing for Adulthood: My Independence, My Community, Being Healthy and Active, Employability

Year 1: Foundations for Independence My Independence	
Food and Drink	Basic cooking skills, understanding nutrition, learning about meal planning.
Using Technology	Introduction to digital literacy, using tablets or computers for daily tasks.
Personal Care and Hygiene	Establishing personal hygiene routines, practicing dressing and grooming skills.
Using Money	Recognising currency, understanding basic budgeting.
Making Choices	Introduction to decision-making, identifying preferences in daily routines
Personal Safety	Learning safe behaviours at home and within the institute.

Year 2: Building Skills and Exploring Opportunities My Independence	
Food and Drink	Meal preparation, understanding balanced meals, cooking simple recipes.
Using Technology	Using technology for communication, setting reminders, and tracking daily tasks.
Personal Care and Hygiene	Reinforcing routines, building self-confidence in self-care.
Using Money	Introduction to budgeting for small purchases, saving, and tracking expenses.
Making Choices	Making informed choices, understanding consequences.
Personal Safety	Safety in various contexts (home, public spaces, online).

Year 3: Preparing for Transition and Employment My Independence	
Food and Drink	Meal planning for a week, cooking with minimal support, shopping for ingredients.
Using Technology	Using apps for personal organization, practicing digital safety, and basic troubleshooting
Personal Care and Hygiene	Self-directed routines and maintaining personal space independently.
Using Money	Tracking personal spending, using a bank card, managing small budgets.
Making Choices	Decision-making, understanding consequences and self-advocacy.
Personal Safety	Responding to emergencies and identifying trusted support.

Year 4: Transition to Adulthood My Independence	
Food and Drink	Planning, budgeting, and preparing meals independently.
Using Technology	Using technology for everyday tasks, communication, job searches, and budgeting.
Personal Care and Hygiene	Managing all aspects of personal care with full independence.
Using Money	Budgeting skills, managing a bank account, understanding bills.
Making Choices	Informed decision-making, evaluating options, planning for long-term goals.
Personal Safety	Independent safety management, planning safe routes, and identifying personal support networks.

AKTI Four-year curriculum map: Preparing for Adulthood: My Independence, My Community, Being Healthy and Active, Employability

Year 1: Foundations for Independence My community	
Emirati Culture	Exploring cultural symbols, traditions, and Emirati customs.
Safety in the Community	Introduction to safe behaviours in public spaces
Accessing Local Facilities	Familiarisation with local shops, parks, and recreational areas
Friendships and Relationships	Understanding friendships, identifying positive social interactions
Respecting the Environment	Introduction to environmental care, recycling, and conserving resources
Travel and Transport	Introduction to walking safely, recognising pedestrian signs

Year 2: Building skills and Exploring Opportunities My community	
Emirati Culture	Participating in cultural events, understanding key national holidays.
Safety in the Community	Practising safe behaviours in public, role-playing scenarios.
Accessing Local Facilities	Visiting libraries, community centres, and recreational facilities.
Friendships and Relationships	Building relationships with peers, learning appropriate boundaries.
Respecting the Environment	Practising environmental responsibility (waste disposal, conserving water).
Travel and Transport	Introduction to public transport basics, learning about transit options.

Year 3: Preparing for Transition and Employment My community	
Emirati Culture	Participating in cultural outings, community events, and festivals.
Safety in the Community	Handling real-world situations in community spaces, interacting with local services.
Accessing Local Facilities	Independent visits to local shops, recreational facilities, and libraries.
Friendships and Relationships	Developing interpersonal skills, conflict resolution, and boundaries.
Respecting the Environment	Volunteering in community clean-ups, learning sustainable practices
Travel and Transport	Navigating public transport with minimal support, planning routes.

Year 4: Transition to Adulthood My community	
Emirati Culture	Active participation in Emirati cultural events, volunteering, and contributing to community projects.
Safety in the Community	Navigating new environments safely, understanding local laws and customs.
Accessing Local Facilities	Engaging in community life independently, managing memberships or event participation.
Friendships and Relationships	Maintaining relationships, understanding social dynamics.
Respecting the Environment	Active involvement in environmental conservation or advocacy.
Travel and Transport	Independent use of public transport, managing schedules, and planning trips.

AKTI Four-year curriculum map: Preparing for Adulthood: My Independence, My Community, Being Healthy and Active, Employability

Year 1: Foundations for Independence Being Healthy and Active	
Physical Exercise	Basic exercises, understanding the importance of movement.
Healthy Lifestyle	Introduction to healthy eating, benefits of hydration.
Emotional wellbeing	Identifying emotions, learning self-regulation strategies.
Hobbies and Leisure	Exploring personal interests and hobbies.
Managing my health	Learning to recognise body parts, follow hygiene routines, and understand who healthcare workers are and when we might need their help.
Rights and responsibilities	Basic rights and responsibilities within the family and community.

Year 2: Building skills and Exploring Opportunities Being Healthy and Active	
Physical Exercise	Building a regular exercise routine, exploring different types of fitness activities.
Healthy Lifestyle	Making personal healthy lifestyle choices (food, sleep, exercise).
Emotional wellbeing	Identifying triggers, learning coping strategies.
Hobbies and Leisure	Identifying favourite activities, joining leisure clubs or groups.
Managing my health	Personal care, understanding why we visit health professionals, and learning what to expect at appointments and medical checks.
Rights and responsibilities	Understanding rights and roles in broader community settings.

Year 3: Preparing for Transition and Employment Being healthy and Active	
Physical Exercise	Personalised exercise routines, understanding benefits of consistent activity
Healthy Lifestyle	Meal prepping, understanding nutrition labels, and making healthy choices.
Emotional wellbeing	Self-reflection, seeking support when needed, managing stress.
Hobbies and Leisure	Joining clubs, exploring independent recreation options.
Managing my health	Manage personal health, including preparing for appointments, understanding prescriptions, and recognising when medical help is needed
Rights and responsibilities	Understanding individual rights in the workplace and community.

Year 4: Transition to Adulthood Being Healthy and Active	
Physical Exercise	Regular exercise, understanding benefits, and creating a sustainable routine.
Healthy Lifestyle	Incorporating nutrition, fitness, and emotional wellbeing into daily life.
Emotional wellbeing	Setting personal goals, maintaining mental health, accessing support networks.
Hobbies and Leisure	Pursuing long-term hobbies or joining community groups for social engagement.
Managing my health	Managing health needs, attending appointments, understanding healthcare rights, including employment-related checks.
Rights and responsibilities	Legal responsibilities as an adult, self-advocacy in personal and professional settings.

AKTI Four-year curriculum map: Preparing for Adulthood: My Independence, My Community, Being Healthy and Active, Employability

Year 1: Foundations for Independence Employability	
Hydroponics	Introduction to plant care, basic science of hydroponics, and hands-on experience in watering, harvesting, and observing plant growth.
Hospitality (Café Gaya)	Intro to the cafe environment, understanding basic customer service, handling simple tasks like wiping tables, and greeting customers.
Culinary Skills	Introduction to kitchen safety, food hygiene, and simple food prep (e.g., washing and peeling).
Office and Administration	Introduction to basic office tasks such as sorting, organizing, and filing documents.
Workplace expectations	Understanding basic workplace rules and following instructions.
Internal and External work experience/employment	Classroom/workshop work experiences within the institute developing independence in 'My jobs'

Year 2: Building skills and Exploring Opportunities Employability	
Hydroponics	Understanding plant growth cycles, routine maintenance tasks, and recording observations.
Hospitality (Café Gaya)	Engage in customer interaction, handle simple cash transactions (with support), and practice serving food and beverages.
Culinary Skills	Culinary prep skills, including cutting and assembling simple dishes, and understanding food hygiene at a deeper level.
Office and Administration	Introduction to computer use (typing, basic data entry), phone etiquette, and handling messages
Workplace expectations	Understanding punctuality, teamwork, personal responsibility.
Internal and External work experience/employment	Trying supervised roles within the institute and school, developing task-specific skills.

Year 3: Preparing for Transition and Employment Employability	
Hydroponics	Plant care techniques, such as nutrient management, understanding growth patterns, and participating in small group projects.
Hospitality (Café Gaya)	Engaging in all aspects of cafe operation, such as inventory checking, cash handling, and customer service.
Culinary Skills	Preparing more complex meals, understanding kitchen roles, and introducing teamwork in meal prep, hosting a meal.
Office and Administration	Managing day-to-day office tasks independently, such as scheduling, email communication, and document filing.
Workplace expectations	Professional communication, time management, and handling constructive feedback.
Internal and External work experience/employment	On-site roles specific to skills and interests, external internships/experience with support (6 – 8 week block).

Year 4: Transition to Adulthood Employability	
Hydroponics	Running a small-scale hydroponics operation independently, from planting to harvesting and selling produce.
Hospitality (Café Gaya)	Managing all cafe responsibilities with minimal assistance, including customer service, transactions, and inventory.
Culinary Skills	Preparing and presenting a menu of items, managing meal prep from start to finish, and understanding food costing.
Office and Administration	Managing office responsibilities independently, including communications, organisation, and basic accounting.
Workplace expectations	Professional conduct, understanding employment rights and responsibilities, conflict resolution.
Internal and External work experience/employment	External paid work placements or internships with minimal supervision for individuals (could be full time or part time)