



**BLACK HORSE PIKE
REGIONAL SCHOOL DISTRICT**

**WHERE INSPIRING EXCELLENCE IS OUR STANDARD
AND STUDENT ACHIEVEMENT IS THE RESULT**



BLACK HORSE PIKE REGIONAL SCHOOL DISTRICT

LIFE SKILLS LAB CURRICULUM



COURSE OF STUDY DESCRIPTION

This is an overview to be completed by August 2023

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CLASS DESCRIPTION

This class is designed specifically for a small number of students within the Black Horse Pike Regional School District. The course of study is designed to meet the individual education plans (IEPs) of students and is adaptable to each student's needs and current goals in their IEP. The curriculum focuses on the New Jersey Core Content Standards and Strands coupled with a strong emphasis on the life skills component. This class within the program is a unique educational experience based on the "learn by doing" theory; therefore most activities are hands-on.

CLASS GOAL

The goal of this class is to:

- Help students become self sufficient and independent members of society
- Improve students' academic skills to enable them to live independently
- Specifically meet the educational needs of students as written in their IEPs
- Provide opportunities to learn and practice daily living skills
- Prepare students for career opportunities after high school

SPECIFIC OBJECTIVES/COURSE OUTLINE

The specific objectives listed below are aligned with the New Jersey Core Content Standards and Strands for English, Mathematics, Science and Social Studies. A more detailed description of the standards and strands can be found at www.state.nj.us/njded/cccs/ . The standards used for this class are Cross Content Workplace Indicators under NJCCCS for students with severe disabilities. In addition to the objectives listed below, objectives written in each student's IEP are also aligned with the standards and will be covered throughout the program.

Living Skills

The classroom provided for this course includes a washer, dryer, stove, microwave, sink, dishwasher, food prep stations. Daily living skills will be incorporated within the context of curriculum related activities. Students will participate in activities that teach the skills necessary for daily life in school, at home, and in the community.

1. Plan a nutritious menu according to the new FDA standards. (AAAA.K-12.4.3)
2. Plan a grocery list and do comparative shopping at the grocery store. (AAAA.K-12.3.2)
3. Bag groceries, then unpack and sort for proper storage into cabinets. (AAAA.K-12.4.3)
4. Plan and complete meal preparation from start to finish. (AAAA.K-12.4.3)
5. Learn appropriate dining manners and take field trips to restaurants where students can practice their skills. (AAAA.K-12.4.4)
6. Demonstrate the importance of washing hands. (AAAA.K-12.1.1)
7. Demonstrate the correct way to wash and store dishes. (AAAA.K-12.2.2)
8. Understand the importance of a clean work area. (AAAA.K-12.4)

9. Learn the importance of kitchen and general home safety. (AAAA.K-12.3.2)
10. Learn the importance of maintaining a self-care routine. (AAAA.K-12.4.4)
11. Demonstrate social skills in various situations and settings. (AAAA.K-12.4.2)
12. Practice social awareness when out in the community. (AAAA.K-12.4.4)

Marking Period 1

- Social skills
 - team work
 - communication
- Kitchen Hygiene
 - Washing hands
 - gloves
 - tasting spoon
 - hair
- Kitchen cleanliness
 - Dishes in the sink
 - wiping counters before and after
- Measuring cups, spoons, weight, serving size
- Knife skills
- Kitchen safety
 - oven (opening, closing, mitts...)
- Follow directions written on packages of food, household cleaning products, and other packages and containers.
- Cooking for a vendor (Board of Education Meeting Dinner)
 - budget - how much money do we have
 - who are we cooking for/how many
 - Choose a menu
 - make a shopping list
 - buy food, pay, bring back to school and put away in appropriate storage area (fridge, counter, cabinet)
 - prep, cook
 - put all necessary items - plates, utensils, serving spoons...

Marking Period 2

- Fundraising event/ project/goal oriented activity
 - What is Fundraising?
 - How do we advertise?

- Advertising techniques
- How much money do we need/what is our goal?
- Planning, shopping, budgeting
 - Review MKP 1 on cooking for what and how many and budgeting
 - Holiday food shopping
 - Holiday gift shopping
 - How much money do we have to spend?
- Executing the plan
 - Time management
 - scheduling
 - staying organized
- Working with a team
 - Coworkers are classmates
 - Boss is the teacher (adults)

Marking Period 3

- Dressing appropriately
 - Winter, spring, summer, fall
 - What to wear to school if it is cold/hot
 - How to dress for a job/job interview
- Personal Hygiene
 - What is your daily routine?
 - Showering, brushing hair, brushing teeth, changing clothes
 - What are things we need to keep ourselves clean?
- Internet safety
 - Communicating online
 - How and what to say online
 - Who should we be talking to?
 - How do we know when we are in danger?
 - Who do we contact if we feel unsafe?
- Community safety
 - Know resources in the community to help you
 - Being aware of your surroundings
 - Who to contact in the event of an emergency
 - Knowing the difference between what kind of emergency requires 911 vs a trusted adult

Marking Period 4

- Independent Living Safety Goals
 - Will locate familiar school places (nurse, library, vice-principal, cafeteria, elective classes, etc.).
 - Will identify a home address
 - Will identify the address and phone number.
 - Will practice safety rules with reminders.

- Will practice safety rules without reminders.
- Will follow pedestrian signs and conventions.
- Will identify rules regarding interactions with strangers
- Will follow safety rules
- Will read and follow safety signs

Process for Assessment

Students will be responsible for established standards of behavior and classwork. Students will be assessed on a behavior and class participation rubric and rewarded for positive behavior while trying to minimize inappropriate behaviors. Points will be earned each period and accumulated on a weekly basis for rewards. Possible rewards may include purchasing snacks in the classroom or in the cafeteria, items at the school store, and dollar store items.

Key indicators for each skill will be assessed by observing the student and collecting data on a rubric.

Other Program Highlights

- Throughout the year students will take 2-4 curriculum-based field trips.
- Students will have more opportunities to practice work related skills through fund raising projects.

Methods of Evaluation

Good assessment is a means for students to learn about a topic. The teacher will use the following instruments in assessing student achievement:

1. Teacher observations
2. Student written assignments
3. Projects and Reports
4. Student-Parent-Teacher Conferences
- 5.** Notebooks/Journals
- 6.** A rubric will be used to assess student classwork and participation.

CLASS PARTICIPATION/CLASSWORK RUBRIC

Teacher Name: _____ Student Name: _____

Period: _____ Week: _____

CATEGORY	4	3	2	1
Class Participation	Self motivated and without teacher prompt Student routinely provides useful ideas when participating in the group and in classroom discussion. A definite leader who contributes a lot of effort.	In less than two teacher prompts the student usually provides useful ideas when participating in the group and in classroom discussion. A strong group member who tries hard!	With more than two teacher prompts the student sometimes provides useful ideas when participating in the group and in classroom discussion. A satisfactory group member who does what is required.	With more than two teacher prompts the student rarely provides useful ideas when participating in the group and in classroom discussion. May refuse to participate.
Class Work	Provides work of the highest quality and completes all assignments	Provides high quality work and completes most assignments	Provides work that occasionally needs to be checked/redone by other group members to ensure quality rarely completes all assigned work	Provides work that usually needs to be checked/redone by others to ensure quality and almost never completes assigned work
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Weekly Total: _____/20

Comments: _____
