



Independent Living Skills

Complete any of these tasks to gain an
AQA Unit Award Scheme Certificate



Information for parents and carers:

This booklet is full of activities that can be completed to earn AQA Unit Award Certificates.

Complete the activities by following the steps and letting your child's form teacher know the following information:

- Student name
- The unit name
- The unit number
- The date it was completed

This information can then be passed on through the school to be passed on for an AQA Unit Submission.

If you are unsure of how to contact your child's form tutor then information can also be emailed to Claire Burton, Middle Leader, on

cburton@charltonparkacademy.co.uk

What to do:

- Make a bed at home with your Mum, Dad or Carer by following all the points on the list.
- Try and do as much as you can independently, but don't be afraid to ask for help or direction.
- When you've done, ask the person who helped you to email your teacher with the following information:

✓ Unit: **Making a Bed 99054**

✓ The date you completed this task.

1	Remove the pillows from the pillow cases.
2	Remove the duvet from the duvet cover.
3	Removed the bed sheet.
4	Fold all three items and put them in the wash basket ready for the washing machine.
5	Collect the clean linen from where it's kept in your house. Flat sheet, pillows cases and duvet cover.
6	Fit the sheet neatly to the mattress. Stretch and smooth out all the creases.
7	Put the pillows in the pillow cases.
8	Put the duvet in the duvet cover, making sure all the corners are correctly located.
9	Secure the fastening on the duvet cover.
10	Place the pillows and the duvet on the bed and smooth them out.
11	Thinking about staying healthy, give your helper one reason why we need to change bed linen regularly.



What to do:

- Wash up at home with your Mum, Dad or Carer by following all the points on the list.
- Try and do as much as you can independently, but don't be afraid to ask for help or direction.
- When you've done, ask the person who helped you to email your teacher with the following information:

✓ Unit: **Washing Up 112417**

✓ THREE dates on which you completed the washing up task.

1	Mix the warm water and the washing up liquid in the washing up bowl. Be very careful with the hot water tap and always ask for help if you need it.
2	Wash at least cutlery two knives and forks and rinse them.
3	Wash at least two plates and cups and rinse them.
4	Put the clean items on the draining board to drain.
5	Wash up three times during the week by following steps 1 to 4.



What to do:

- Put some laundry on at home with your Mum, Dad or Carer by following all the points on the list.
- Try and do as much as you can independently, but don't be afraid to ask for help or direction.
- When you've done, ask the person who helped you to email your teacher with the following information:

✓ Unit: **Using a Washing Machine 110137**

✓ THREE dates on which you completed the laundry task.

1	Put the clothes to be washed in a basket.
2	Carry the basket over to the washing machine.
3	Switch the washing machine on using the switch at the plug socket if needed.
4	Open the washing machine door.
5	Load the clothes to be washed into the machine.
6	Close the washing machine door.
7	Open the drawer for the washing powder.
8	Pour a pre-measured quantity of washing powder and fabric conditioner into the drawer.
9	Select the wash cycle with support if required.
10	Press the button to start the wash cycle.
11	Open the washing machine door when the wash cycle is finished.
12	Unload the clothes into the washing basket.
13	Hang the washing out to dry.
14	Take part in putting some laundry on three times by following steps 1 to 13



What to do:

- Clean a table or kitchen surface top at home with your Mum, Dad or Carer by following all the points on the list.
- Try and do as much as you can independently, but don't be afraid to ask for help or direction.
- When you've done, ask the person who helped you to email your teacher with the following information:
 - ✓ Unit: **Cleaning a Table Top 110596**
 - ✓ The date you completed this task.

1	Find the cleaning spray that is used for table and kitchen surface tops. Do this with the help of an adult to help you find a safe spray.
2	Find the cleaning cloth used for cleaning kitchen surfaces.
3	Spray the table or surface.
4	Wipe the table or surface making sure you cover the whole area. Check for bits you've missed.
5	Rinse out your cloth at the sink and hang it up to dry. Put the spray back where you found it.



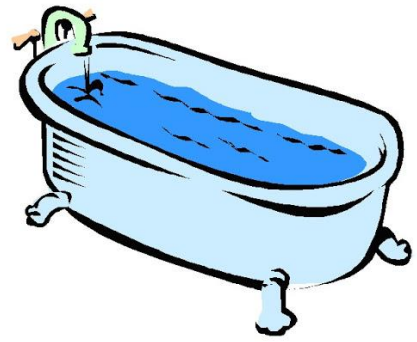
What to do:

- Dust and polish some furniture at home with your Mum, Dad or Carer by following all the points on the list.
- Try and do as much as you can independently, but don't be afraid to ask for help or direction.
- Make sure you have help to select the correct and safe cleaning product.
- When you've done, ask the person who helped you to email your teacher with the following information:

✓ Unit: **Dusting and Polishing Furniture 89980**

✓ The date you completed this task.

1	Talk with your adult helper to decide what equipment you are going to need, which items of furniture you are going to dust and polish and how long you think the job might take you.
2	Collect the polish and duster.
3	Make sure that the hole in a spray can is pointing at the object you want to polish. Ask for help if you are unsure.
4	Spray a small amount of polish onto the furniture.
5	Buff with the duster.
6	Put the polish and duster away at the end of the task.



What to do:

- Clean the bath at home with your Mum, Dad or Carer by following all the points on the list.
- Try and do as much as you can independently, but don't be afraid to ask for help or direction.
- Make sure you have help to select the correct and safe cleaning product.
- When you've done, ask the person who helped you to email your teacher with the following information:
 - ✓ Unit: **Cleaning a Bath 90283**
 - ✓ The date you completed this task.

1	Collect the equipment you need to clean the bath. Cleaning solution and a cloth or sponge.
2	Take the equipment to the bathroom.
3	Apply the cleaner.
4	Dampen and use the cloth to clean the bath.
5	Use the taps or showerhead to rinse the bath.
6	Rinse the cloth and wipe down the bath.
7	When you've finished put the cleaning product back where you found them.



What to do:

- Vacuum a carpet or floor at home with your Mum, Dad or Carer by following all the points on the list.
- Try and do as much as you can independently, but don't be afraid to ask for help or direction.
- Make sure you have help to plug the Hoover in if you are unsure how to do this safely.
- When you've done, ask the person who helped you to email your teacher with the following information:
 - ✓ Unit: **Vacuuming a Carpet 89985**
 - ✓ The date you completed this task.

1	Talk with your adult helper to decide what equipment you are going to need, which room you are going to vacuum and how long you think the job might take you.
2	Collect the vacuum cleaner from where it is stored.
3	Plug the cleaner into the plug socket, making sure to observe safety rules and asking for help if you need it. Switch the power on at the socket.
4	Hold the vacuum correctly and switch it on.
5	Vacuum the carpet making sure the flex is behind you and not under your feet.
6	Check that you haven't missed any parts of the carpet.
7	Switch the vacuum off, unplug it and return it to where it is stored.