

Lake Mills School District

Year at a Glance Scope and Sequence for Pupil Services

Overarching Goal of the Curricular Area: Students will be able to effectively understand and apply healthy, social, emotional, behavioral, and academic skills in their lives.

Independent Living-Elementary

Unit Theme	Unit Goal	Enduring Understandings for the Unit	Essential Questions for the Unit
Personal Care	<p>Students will feed themselves using the appropriate utensil.</p> <p>Students will dress and undress independently.</p> <p>Students will perform hygiene tasks and toilet independently.</p>	<p>Students will understand that being able to feed themselves helps increase independence and self-sufficiency.</p> <p>Students will understand that issues regarding self-care impact becoming independent and self-sufficient.</p> <p>Students will understand that personal hygiene has an effect on social interactions.</p>	<p>Why do we use different utensils for different foods?</p> <p>What do I do if I need help with self-care?</p> <p>What could happen if I do not keep up with my personal hygiene?</p>
Independent Living Skills	<p>Students will tell an adult when they are hungry.</p> <p>Students will give their name, age, and gender upon request.</p> <p>Students will clean up their own space.</p>	<p>Students will understand that people do not know what you want or need if you do not tell them.</p> <p>Students will understand that personal information is a vital part of everyday life communications.</p> <p>Students will understand cleaning up after oneself shows good manners.</p>	<p>What do I do if I tell an adult that I am hungry and they do not believe me?</p> <p>Think of a time that you told an adult something important and how was it helpful to tell them what you were thinking instead of keeping it to yourself?</p> <p>What is meant by personal information?</p> <p>What might happen if I don't clean up after myself?</p>
Health Management	<p>Students will identify helping professionals.</p> <p>Students will participate in physical activity.</p>	<p>Students will understand that there are many professionals in their community to help them stay healthy.</p> <p>Students will understand that exercise is important for maintaining good health.</p>	<p>What are some professionals who can help keep me healthy?</p> <p>Why is exercise necessary?</p>
Use of Common Tools and Devices	<p>Students will use toys appropriately.</p> <p>Students will use simple items and tools (scissors, ruler, bathroom scale, pencil, technology devices).</p>	<p>Students will understand that toys are made to be used in certain ways and it is more fun to use toys in the way they were meant to be used.</p> <p>Students will understand that tools can make our lives easier.</p>	<p>What might happen if I use toys inappropriately?</p> <p>Name three tools you use and how do they make doing something easier?</p>

<p>Money Management</p>	<p>Students will identify the use of money.</p> <p>Students will identify the importance of money in their lives.</p>	<p>Students will understand that money is paper bills and coins that are worth something to us.</p> <p>Students will understand money is necessary in our society to get our needs and wants.</p>	<p>What is money?</p> <p>Why is money important?</p>
<p>Safety Practices</p>	<p>Students will demonstrate safe behaviors at school.</p> <p>Students will recognize and respond appropriately to emergency alarms.</p>	<p>Students will understand that being safe at school is a top priority.</p> <p>Students will understand that emergency alarms are important and are used to keep everyone safe.</p>	<p>What do you think is the most important school safety rule and why?</p> <p>When are emergency alarms used and how should we respond?</p>
<p>Community Access</p>	<p>Students will remain seated, with proper restraints, when traveling.</p> <p>Students will use the school library with assistance.</p>	<p>Students will understand that following safety rules for travel will help get us to places in the community safely.</p> <p>Students will understand that there are many places in their communities where they can utilize services.</p>	<p>What are some of the safety rules that you follow when riding in the car or on the bus and how do those rules keep you safe?</p> <p>What are some of the places in your community where you can utilize services?</p>

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Independent Living -Middle

Unit Theme	Unit Goal	Enduring Understandings for the Unit	Essential Questions for the Unit
Personal Care	<p>Students will dress and undress independently including buttons and fasteners.</p> <p>Students will brush and comb hair independently.</p> <p>Students will take care of gender-specific needs.</p>	<p>Students will understand that issues regarding self-care impact one's impression upon others and one's level of independence.</p> <p>Students will understand that how well they take care of their personal needs reflects on their level of care in other areas of their lives.</p> <p>Students will understand that, as we get older, puberty has a different effect on boys and girls and additional/different personal care is need.</p>	<p>What standards do my friends, family, and school set for acceptable appearance and hygiene?</p> <p>What thoughts do people have about me if I have poor hygiene or my hair is messy?</p> <p>What is puberty and what changes can one expect to his/her body?</p>
Independent Living Skills	<p>Students will give personal information beyond name, age, and gender.</p> <p>Students will prepare to cook simple meals.</p> <p>Students will complete age/ability appropriate household chores.</p>	<p>Students will understand that personal information is a vital part of everyday life communications.</p> <p>Students will understand that making one's own meals is a step toward independence.</p> <p>Students will understand why cleaning and other household chores are important.</p>	<p>Why is important to know your own personal information?</p> <p>What are some meals that I would like to make on my own?</p> <p>What are some household chores that I could do by myself?</p>
Health Management	<p>Students will participate in age appropriate physical activities.</p> <p>Students will explore outdoor and lifelong leisure pursuits.</p>	<p>Students will understand that, in order to live a healthy lifestyle, it is necessary to understand the role exercise plays in overall health.</p> <p>Student will understand that finding lifelong leisure interests can lead to a more fulfilling adult life.</p>	<p>How often do you exercise each week and do you feel like you exercise enough?</p> <p>What do you think is the most fun outdoor or leisure activity in your community and why?</p>
Use of Common Tools and Devices	<p>Students will use common measuring tools in correct context.</p> <p>Students will demonstrate how to place an emergency call when using a telephone.</p>	<p>Students will understand that people have to measure things every day and choosing the correct tool is important to getting good information.</p> <p>Students will understand that they may need to place an emergency call in their lifetime and it is important to know how to do this.</p>	<p>How do I know what measuring tool to use?</p> <p>How do I know when it is appropriate to place an emergency call?</p>

<p>Money Management</p>	<p>Students will follow a written/pictorial grocery list to make purchases.</p> <p>Students will order their own meal when eating out.</p> <p>Students will use real money to decide whether there is enough to make a purchase.</p>	<p>Students will understand that having a list when shopping helps with organization and money management.</p> <p>Students will understand the importance of selecting a purchase independently.</p> <p>Students will understand that different combinations of coins/bills can make the same amounts.</p>	<p>What if I see something at the store that is not on my list?</p> <p>What if the server brings me something other than what I ordered?</p> <p>What is the easiest way to count a group of coins/bills?</p>
<p>Safety Practices</p>	<p>Students will avoid potentially harmful substances and situations.</p> <p>Students will remain quiet and orderly in emergency situations.</p> <p>Students will demonstrate procedures for contacting emergency responders.</p>	<p>Students will understand that there are situations and substances that are harmful to them and that avoiding them will help keep them safe.</p> <p>Students will understand responding appropriately in emergency situations will help keep them safe.</p> <p>Students will understand that being able to practice and know what to do in emergencies is important for safety in actual emergencies.</p>	<p>What can I do if a friend tries to get me to do something that is potentially harmful?</p> <p>Name some behaviors that are appropriate in emergency situations.</p> <p>What could happen if you do not know how to contact emergency responders?</p>
<p>Community Access</p>	<p>Students will ask for assistance from the appropriate community helper (store clerk, librarian, post office clerk, or police).</p> <p>Students will carry personal identification when traveling.</p>	<p>Students will understand that there are many people in their community who are there to help them.</p> <p>Students will understand that having access to their personal identification in community can be helpful.</p>	<p>What are some situations in which you might ask for help in the community?</p> <p>Why do we need to carry personal identification?</p>

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Independent Living - High

Unit Theme	Unit Goal	Enduring Understandings for the Unit	Essential Questions for the Unit
Personal Care	<p>Students will dress and undress independently including all fasteners, buttons, zippers, belts, and undergarments.</p> <p>Students will independently attend to all hygiene needs.</p>	<p>Students will understand that issues regarding health and self-care impact one's impression upon those in the community, in school and in the workplace.</p> <p>Students will understand that maintaining good hygiene presents a more positive image to others.</p>	<p>What standards do school and work set for acceptable appearance and good hygiene?</p> <p>How does one maintain good hygiene?</p>
Independent Living Skills	<p>Students will give complete personal information upon request.</p> <p>Students will prepare simple meals by measuring accurately and using kitchen appliances appropriately.</p> <p>Students will complete the tasks on a list of household chores.</p>	<p>Students will understand that knowledge of personal information will lead to a more independent lifestyle.</p> <p>Students will understand being able to prepare one's meals and complete household chores is another step toward future independent living.</p> <p>Students will understand that completion of household tasks a part of living independently.</p>	<p>Why is it important to be independent and how will knowing personal information aid in independent living?</p> <p>What are some meals that I would like to make on my own?</p> <p>What are some household chores that I could do by myself?</p>
Health Management	<p>Students will follow medication schedule as prescribed.</p> <p>Students will identify personal fitness and nutrition goals.</p>	<p>Students will understand that doctors only prescribe medication if needed and that it is important to take medication as directed.</p> <p>Student will understand that they are in control of their physical fitness and nutritional decisions and that by making healthy choices they are more likely to be happy, healthy adults.</p>	<p>How can I remember to take my medication?</p> <p>What are some resources to help me with my fitness and nutrition goals?</p>
Use of Common Tools and Devices	<p>Students will use simple items appropriately; e.g., vacuums, wrench, hammer, nail, screwdriver, padlocks.</p> <p>Students will receive information using a</p>	<p>Students will understand that proper utilization of the appropriate equipment is necessary for independent living.</p> <p>Students will understand that utilizing the telephone for expressing and receiving information is crucial to independent living.</p>	<p>What are considered basic household tools and equipment?</p> <p>How can I use a telephone most effectively?</p>

	telephone and take a simple message.		
Money Management	<p>Students will accept when things cannot be afforded.</p> <p>Students will generate a shopping list.</p> <p>Students will recognize, count, and exchange money in real life situations.</p>	<p>Students will understand that, most of the time, there is a limited amount of money and sometimes we have to wait and save money to make bigger purchases.</p> <p>Students will understand that making an accurate shopping list helps organize the shopping experience and maintain a budget.</p> <p>Students will understand that it is important to know the value of money in order to make purchases and ensure you get the correct change.</p>	<p>Are there ways to get something I cannot currently afford by using credit?</p> <p>How do I decide what goes on my shopping list?</p> <p>What do I do if I get up to the counter and I do not have enough money to pay for my item(s)?</p>
Safety Practices	<p>Students will demonstrate stranger and community safety.</p> <p>Students will demonstrate safe behavior in the workplace.</p> <p>Students will identify situations in which emergency responders would be needed.</p>	<p>Students will understand that being consistently aware of the environment and taking safety precautions can reduce the risk of harm to oneself and others.</p> <p>Students will understand that following safety rules in the workplace is a part of being a successful employee.</p> <p>Students will understand that emergency responders are available if needed.</p>	<p>Why do we sometimes take risks that can cause harm to ourselves or others?</p> <p>What could happen if I do not follow the safety rules at my job?</p> <p>How do I know if I need to call 911?</p>
Community Access	<p>Students will identify future needs in a living situation.</p> <p>Students will identify which living situation best suits students' needs.</p>	<p>Students will understand that careful planning for a future living situation will help ensure a more secure independent living situation.</p> <p>Students will understand that the cost to live on your own involves identifying financial needs, knowing how to rent or buy housing, shopping for furnishing, and discussing moving out expenses.</p>	<p>What are my options for living arrangements?</p> <p>How do I know if I can afford to live on my own?</p>