Transition Challenge

Introduction and Progression

ASDAN

Name:

☰ Contents

Knowing how
Pages: 28-69

Making choices
Pages: 70-111

Feeling good
Pages: 112-153

Moving forward
Pages: 154-195

Taking the lead
Pages: 196-237

3

👋 Welcome

Transition Challenge: Introduction and Progression is made up of **five** modules:

- 😕 Knowing how
- 🔒 Making choices
- 😊 Feeling good
- 🏃→ Moving forward
- 👫 Taking the lead

In each module, you need to complete at least nine activities. Each module can be individually certificated or you can complete all five modules and receive a gold certificate of achievement.

For each activity, there is a list of examples to help you to decide what to do. You or your tutor can tick the circles to show which activities you have done.

Unless otherwise stated, you only need to do one of the examples but you can do others if you wish.

You can also choose to do something different to the list of examples. It is important that your tutor writes what you have done in the space provided and this must be in keeping with the described activity.

In some modules you will also see an **Open activity.** This means that you and your tutor can decide what you will do.

After you have completed the activity you may want to extend the work you have done, so you can choose to do the extension activity.

In doing the activities in this programme, you will be asked to:

say

show

choose

make things

You can say things by talking or signing, or by using any other means to let someone know what you want to say.

🧑‍🦯 All about me

ℹ Hints and tips: To be completed by the learner and tutor. If you have a similar document you use in your centre, this can replace pages 12 and 13.

Tick this box if you have placed an alternative one-page profile into the learner's portfolio. ☐

My name is:

I like to be called:

I can do these things on my own…

I need help to…

Help me by…

🏃 All about me

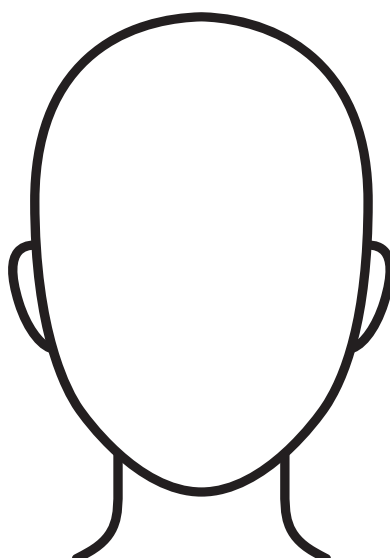## If I get upset, support me by...

How to present choices to me...

Picture or photo:
💡 You can stick a photo here **or** draw yourself using the outline below.

💡 **Idea:** You can download the digital version from our website:
asdan.org.uk/transition-challenge/ under **Course resources** at the bottom of the page.

Record of activities

To complete a module, you must finish at least **nine** of the eighteen activities.

The **Module reflection** and the **level of support** most frequently used in this section are **mandatory** requirements for completing a module.

- **Silver certification**
  Learners must have completed **one or more** modules.

Gold certification
Learners must have completed **all five** modules.

Tick (✓) to show which sections you have completed.

Knowing how

1. English ☐	**10.** Expressive arts ☐
2. Mathematics ☐	**11.** Myself and others ☐
3. Science ☐	**12.** Health ☐
4. Design and technology ☐	**13.** Physical and leisure ☐
5. Modern Foreign languages ☐	**14.** Work related ☐
6. ICT and computing ☐	**15.** History ☐
7. Religious Education ☐	**16.** Geography ☐
8. Citizenship ☐	**17.** Support and safety ☐
9. Community ☐	**18.** Relationships, changes and feelings ☐

Module reflection ☐

Level of support most frequently used in this section: ◯

Date completed:

Record of activities

Making choices

1. English	☐	**10.** Expressive arts	☐
2. Mathematics	☐	**11.** Myself and others	☐
3. Science	☐	**12.** Health	☐
4. Design and technology	☐	**13.** Physical and leisure	☐
5. Modern Foreign languages	☐	**14.** Work related	☐
6. ICT and computing	☐	**15.** History	☐
7. Religious Education	☐	**16.** Geography	☐
8. Citizenship	☐	**17.** Support and safety	☐
9. Community	☐	**18.** Relationships, changes and feelings	☐

Module reflection ☐

Level of support most frequently used in this section: ◯

Date completed: _____

Feeling good

1. English	☐	**10.** Expressive arts	☐
2. Mathematics	☐	**11.** Myself and others	☐
3. Science	☐	**12.** Health	☐
4. Design and technology	☐	**13.** Physical and leisure	☐
5. Modern Foreign languages	☐	**14.** Work related	☐
6. ICT and computing	☐	**15.** History	☐
7. Religious Education	☐	**16.** Geography	☐
8. Citizenship	☐	**17.** Support and safety	☐
9. Community	☐	**18.** Relationships, changes and feelings	☐

Module reflection ☐

Level of support most frequently used in this section: ◯

Date completed: _____

Knowing how

1. English (listening)

Show you can actively listen to a story, song, poem or other creative information of interest.	☐
For example: • told to you alone • told to you as a member of a small group • told to you as a member of a large group, such as school assembly • an audio recording • a sensory book or activity • other	

optional

Optional extension activity (Progression level):

Recall and sequence some of the events from what was heard	☐

✏️ Record box

ℹ️ **Hints and tips:** To be completed by the tutor/assessor. Guidance can be found on page 9.

31

Comments: Tutor/supervisor/learner
(This does not replace the evidence)

optional

optional

Level or chosen descriptor from centre's preferred assessment method:

Subject area:

Level of support:

mandatory

Skills:

mandatory

Evidence ref:

mandatory

Tutor/assessor signature

mandatory

Date:

mandatory

Feeling good

3. Science (fair test)

Take part in a handwashing experiment where you can see the effects of washing your hands (using a fair test method.)	☐
For example: • touching a piece of bread before and after hands are washed • using a bacteria gel or light before and after hands are washed • touching agar jelly before and after hands are washed • other	

Optional extension activity (Progression level):

Make a simple prediction of what you might see before and after hands are washed.	☐

✏ Record box

optional
Comments: Tutor/supervisor/learner **(This does not replace the evidence)**

optional
Level or chosen descriptor from centre's preferred assessment method:
Subject area:

Level of support:	**Skills:**	**Evidence ref:**
mandatory	mandatory	mandatory

Tutor/assessor signature	**Date:**
mandatory	mandatory

Show appropriate and safe behaviour with other people.	☐

For example:

- knowing how to greet people
- the differences between what you can do in public and what you can do in private
- getting consent and knowing which parts of someone else's body you can touch
- giving consent and knowing which parts of your body can be touched by other people
- other

optional

Optional extension activity (Progression level):

Show that you know how to ask for help if someone is displaying inappropriate or unsafe behaviour towards you.	☐

✏️ Record box

233

Comments: Tutor/supervisor/learner
(This does not replace the evidence)

optional

Level or chosen descriptor from centre's preferred assessment method:

optional

Subject area:

Level of support:

mandatory

Skills:

mandatory

Evidence ref:

mandatory

Tutor/assessor signature

mandatory

Date:

mandatory

🔍 Module reflection

This section is for you to share your experience of the module.

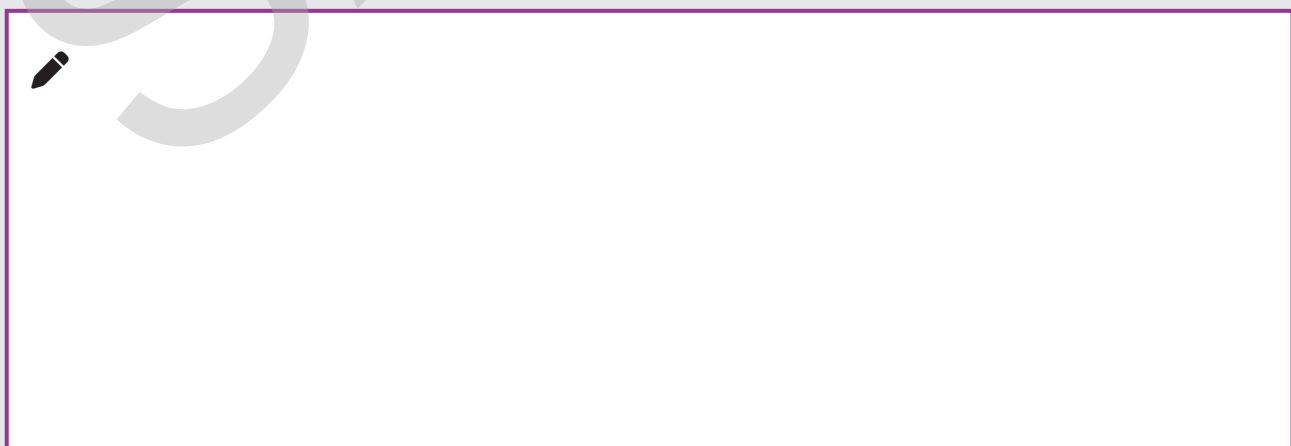| I **liked**:	I **didn't like**:
🖼 ✏ 👍	🖼 ✏ 👎

💡 **Idea:** You can write, draw, use the skills stickers here, or put a photo of you using a skill. If your centre has their own set of skills, this space can be used to reference these.

The **skill(s)** I showed:

✏

💡 **Idea:** You can download the digital version from our website:
asdan.org.uk/transition-challenge under **Course resources** at the bottom of the page.

234

Section/activity review

ℹ Hints and tips: This can be used after any section or activity as a formative review document.

Section/activity:

Tasks I **completed**:

What I needed **help** with?

What I'd like to do on my **own** (or at home) next?

How much did I **enjoy** it? ✏

I **liked:** 👍

I **didn't like:** 👎

💡 **Idea:** You can download the digital version from our website: **asdan.org.uk/transition-challenge** under **Course resources** at the bottom of the page, or photocopy this page to place in the portfolio.

My achievements

I have successfully **completed** the following modules:

Knowing how

How much did I **enjoy** it? ✏️

Making choices

How much did I **enjoy** it? ✏️

Feeling good

How much did I **enjoy** it? ✏️

My achievements

Moving forward

How much did I **enjoy** it? ✏

😊   😐   ☹

Taking the lead

How much did I **enjoy** it? ✏

😊   😐   ☹

I have achieved:

Silver certification ☐   **Gold certification** ☐

Learner signature:

Tutor/supervisor signature: Date:

💡 **Idea:** You can download the digital version from our website:
asdan.org.uk/transition-challenge under **Course resources** at the bottom of the page.