


# Year 10: ASK Yourself!

Subject: Life Skills

Unit: Who Am I?

	Launching 1-2	Developing 3-4	Progressing 5-6	Mastering 7-9
 <b>S</b> skills				
<b>Expression</b>	I need to contribute in class.	With support I can express myself simply.	I can express my ideas logically and clearly. I can advocate competently, be flexible in negotiations.	I always express my ideas logically and clearly in different ways. I can confidently advocate, be flexible in negotiations and compromise when necessary.
<b>Solving Problems</b>	I need to be able to offer solutions to problems.	With support I can evaluate problems and offer potential solutions.	I can evaluate problems, offer potential solutions and justify my responses.	I can successfully evaluate problems, think 'outside of the box' in order to offer potential solutions and justify my responses.
 <b>K</b> knowledge				
<b>Who am I?</b> 	I need to understand what change involves and the need for resilience.	I know how to draw on 'inner resources' when faced with challenging change/circumstances. I know how self confidence and self esteem is affected by the others judgements.	I know when a relationship is unhealthy and the steps needed to bring about change. I am aware of how I am changing as a person both positively and negatively.	I effectively apply my understanding of myself: my strengths, interests, and qualities are changing to develop and improve my identity.