


Year 10: ASK Yourself!

Subject: Life Skills

Unit: Emotional Well-being

	Launching 1-2	Developing 3-4	Progressing 5-6	Mastering 7-9
 S skills				
Expression	I need to contribute in class.	With support I can express myself simply.	I can express my ideas logically and clearly.	I always express my ideas logically and clearly in different ways.
Solving Problems	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.
 K knowledge				
Emotional Well-being 	I need to understand what it means to be mentally and emotionally healthy. I need to understand that relationships can cause strong feelings and emotions. I need to know that pressure can be used positively or negatively to influence others. I need to make informed choices about safety, health and well-being, including evaluating my personal choices and making changes if necessary.	With support I can understand what it means to be mentally and emotionally healthy, to understand that relationships can cause strong feelings and emotions. I am aware that pressure can be used positively or negatively to influence others. With support I can make informed choices about safety, health and well-being, including evaluating my personal choices and making changes if necessary.	I know what it means to be mentally and emotionally healthy. I know that relationships can cause strong feelings and emotions. I know that pressure can be used positively or negatively to influence others. I can make informed choices about safety, health and well-being, including evaluating my personal choices and making changes if necessary. I know, where and how to get help.	I confidently know what it means to be mentally and emotionally healthy. I know that relationships can cause strong feelings and emotions. I know that pressure can be used positively or negatively to influence others. I can confidently make informed choices about safety, health and well-being, including evaluating my personal choices and making assertive changes if necessary. I know, where and how to get help.



I need to know when, where and how to get help.

I can find support on when, where and how to get help.

