






Year 10: ASK Yourself!

Subject: Life Skills
Unit: Relationships

	Launching 1-2	Developing 3-4	Progressing 5-6	Mastering 7-9
				
Expression	I need to contribute in class.	With support I can express myself simply.	I can express my ideas logically and clearly. I can advocate confidently and 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.
Numeracy	I need to increase my awareness and use of numeracy techniques.	With support I am becoming aware of numeracy techniques that would support my learning.	I regularly use numeracy techniques to underpin my learning.	I successfully use numeracy techniques to underpin and further my learning.
Independence	I need to be able to work productively on my own.	With occasional help to focus I can work productively on my own.	I enjoy working independently, with good results.	I am successful when working independently and enjoy setting myself challenging targets.
				
Relationships	 <p>I need to understand how to manage emotions in a range of relationships. I need to know how to maintain positive health and sexual well-being. I need to know how personal financial choices can affect me and others.</p>	I understand how to assess and manage emotions within a range of relationships. I know how to maintain positive health and sexual well-being. I know how personal financial choices can affect me and others.	I am able to consider and manage emotions within a range of relationships. I am able to maintain positive health and sexual well-being. I can confidently make personal financial choices and am aware how they affect me and others.	I effectively apply my understanding of healthy relationships and what it entails. I understand the role of sex in the media and its impact on sexuality. I know how to be supportive and where to get accurate and appropriate support.