






Year 11: ASK Yourself!

Subject: Life Skills

Unit: Emotional Well-being

	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.
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.
				
Emotional well-being 	I need to understand my emotions and how to manage them. I need to be able to identify that self-esteem can be impacted by friends and family both positively and negatively. I need to understand the importance of balance between work and exercise. I need to know where to get support.	I am beginning to manage my emotions and have begun to explore my emotions. I am beginning to be able to identify that self-esteem can be impacted by friends and family both positively and negatively. I am aware of the importance of balance between work and exercise and will endeavour to engage. I know where to get support.	I can manage my emotions and have explored these emotions in safe settings. I know that self-esteem can be impacted by friends and family both positively and negatively. I am aware of the importance of balance between work and exercise and will endeavour to engage. I know where to get support and can sign post others to do so.	I can effectively manage my emotions. I know that self-esteem can be impacted by friends and family both positively and negatively. I am aware of the importance of balance between work and exercise and have used strategies to support me. I know where to get support.