





Year 7: ASK Yourself!

Subject: Life Skills
Unit: Changes

	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.
Teamwork	I need to be able to work in a team	With help I can work as part of a team	I can operate in different roles as part of a team	I can successfully contribute to, and lead, a team.
 K knowledge				
Changes	I need to understand how changes impact my life and wellbeing. I need to know where to get help and support.	I understand how changes can impact my life and wellbeing in positive and negative ways. I know where to get help and support.	I understand ways to deal with changes in my life and am able to apply this to situations such as divorce, bereavement and changing friendships. I am able to apply coping strategies and can get help when necessary.	I can confidently explain the impact of changes such as divorce, bereavement and changing friendships. I can confidently apply coping strategies to both myself and others to help deal with these changes. I am aware of organisation who can support me and others.

"THE SECRET OF CHANGE IS TO FOCUS ALL OF YOUR ENERGY, NOT ON FIGHTING THE OLD, BUT ON BUILDING THE NEW."

- SOCRATES

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