

Year 8: ASK Yourself!

Subject: Life Skills

Unit: Discovery – What’s so amazing about my brain?

	Launching 1-2	Developing 3-4	Progressing 5-6	Mastering 7-9
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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.
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.
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.
<div style="display: flex; align-items: center; justify-content: center;"> <div style="background-color: #5dade2; color: white; padding: 10px; font-size: 2em; margin-right: 10px;">K</div> <div>knowledge</div> </div>				
Discovery- What's so amazing about my brain? 	I need to think about how I learn.	With support I am able to think about how my brain works and why I act the way I do. I can understand how I can be a better learner.	I have performed activities which investigate how my brain works and can use techniques to improve my learning.	I am more self-aware of my learning and how best I am able to learn. I can confidently use a range of techniques best suited to my learning styles.