






Year 10: ASK Yourself!

Subject: Life Skills

Unit: Relationships & Health Education

	Launching 1-2	Developing 3-4	Progressing 5-6	Mastering 7-9
				
Expression	I need to respond to questions in class.	With support I can respond to questions and ask questions using appropriate language.	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.
				
	<p>I need to understand how to manage emotions in a range of relationships.</p> <p>I need to know how to maintain positive health and sexual well-being.</p> <p>I need to know how personal financial choices can affect me and others.</p> <p>I need to know where to get support.</p>	<p>I understand how to assess and manage emotions within a range of relationships.</p> <p>I know how to maintain positive health and sexual well-being.</p> <p>I know how personal financial choices can affect me and others.</p> <p>With guidance I know where to access support.</p>	<p>I am able to consider and manage emotions within a range of relationships.</p> <p>I am able to maintain positive health and sexual well-being.</p> <p>I can confidently make personal financial choices and am aware how they affect me and others. I know what organisations I can access for support.</p>	<p>I effectively apply my understanding of healthy relationships and what it entails.</p> <p>I understand the role of sex in the media and its impact on sexuality.</p> <p>I know how to be supportive and where to get accurate support.</p>