Year 11: ASK Yourself!

Subject: Life Skills Unit: Relationships

	Launching	Developing	Progressing	Mastering
	1-2	3-4	5-6	7-9
S kills				
J kills				
Expression	I need to respond to	With support I can	I can express my	I always express my
CAPITESSION	questions in class.	respond to questions	ideas logically and	ideas logically and
		and ask questions	clearly. I can advocate	clearly in different
		using appropriate language.	confidently and be	ways. I can confidently
		language.	flexible in	advocate, be
			negotiations.	flexible in
				negotiations and
				compromise when
				necessary.
Independence	I struggle to work on my own but know I	With occasional help to focus I can work	I enjoy working	I am successful
	need to be able to	productively on my	independently, with good results.	when working independently and
	work productively on	own.	good receive.	enjoy setting myself
	my own.			challenging targets.
nowledge				
Relationships	I need to understand	I understand how to	I can manage my	I can effectively
	how to become more independent and to	be independent and	emotions in a range of relationships	manage my emotions in a range of
	manage my emotions	to manage my emotions in a range	and am becoming	relationships and am
	in a range of	of relationships and	resilient.	more resilient.
	relationships and not	not give up.	I am able to avoid	I can confidently
	give up.	I know how to avoid	risky situations.	avoid risky
	I need to know how to	risky situations.	I can identify when	situations.
	avoid risky situations I need to be able to	I can recognise when manipulation,	manipulation,	I can confidently identify
	recognise when	persuasion and	persuasion and	manipulation,
200	manipulation,	coercion is being	coercion is being	persuasion and
	persuasion or	used and am	used and am	coercion and have
	coercion is being used and learn how	learning to develop	aware of	successfully used
	to develop	strategies. I can explore my	strategies to use. I have explored	strategies. I am confident in
	strategies.	values and my	my values and my	my values and my
	I need to be able to	attitudes, to	attitudes and am	attitudes and am
	explore my values	challenge others	confident at	able to challenge
	and my attitudes, to	and make informed	challenging	others. I can make
	challenge others and make informed	choices.	others. I can make	I can make informed choices.
	choices.		informed choices.	informed choices.
L				