







Year 7: ASK Yourself!

Subject: Life Skills

Unit: Choices – Healthy Living & Responsible Choices

	Launching	Developing	Progressing	Mastering
				
S skills				
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.
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', offering potential solutions justified responses.
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.
				
K knowledge				
	I need to understand the importance of taking increased responsibility for my physical and emotional safety.	I understand risk especially in the context of accident prevention and rail safety. I understand the importance in making informed choices concerning substances.	I know how to manage the risk especially in the context of accident prevention and rail safety. I can make informed choices concerning alcohol and cigarettes. I can manage peer pressure/peer on peer pressure.	I can effectively apply my understanding of risk especially in the context of rail safety. I can make informed choices concerning alcohol and cigarettes. I can successfully manage peer pressure and avoid being exploited.