






Year 7: ASK Yourself!

Subject: Life Skills

Unit: Me and my Character

	Launching	Developing	Progressing	Mastering
 S skills				
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.
Literacy	I need to increase my awareness and use of literacy techniques.	With support I am becoming aware of literacy techniques that would support my learning.	I regularly use literacy techniques to underpin my learning.	I successfully use literacy techniques to underpin and further my learning.
 K knowledge				
Me and my Character 	I need to understand what my characteristics are and appreciate what qualities I have.	I understand what my different character strengths are and can explain why it is important to recognise and develop these to become the best version of me.	I understand how I demonstrate different character strengths and appreciate that reflecting and developing my strengths is key to becoming the best version of me.	I effectively utilise and reflect on my own character strengths. I can identify ways to develop my strengths and consider the character strengths I need to develop. I recognise strengths within others and know that I can learn from them to develop my own characteristics.