Year 7: ASK Yourself!

Subject: Life Skills Unit: 'Motional Me!

Unit: 'Motional Me!				
	Launching	Developing	Progressing	Mastering
S kills				
N kills				
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.
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' in order to offer potential solutions and justify my responses.
nowledge				
	I need to understand what it	With support I can understand what it	I know what it means to be Me! as	I confidently know
Me!	means to be Me! as	means to be Mel as	well as recognising	Me as a person. I am confident of
	well as recognising	well as recognising	my personal	my personal
	my personal	my personal strengths and how	strengths and how	strengths and how
	strengths and how it affects my self-	it affects my self-	it affects my confidence and	it affects my both my confidence and
THA THA	esteem.	esteem.	self-esteem.	self- esteem.
	I need to be able	I can communicate	I clearly	I communicate my
No AT	to communicate my feelings to others,	my feelings to others and can	communicate my feelings to others	feelings effectively to
\$ {	to recognise what	recognise what is	and know what is	others and know
	is right and wrong,	right and wrong.	right and wrong.	what is right and
	to listen to people	I try to listen to	I can listen to	wrong.
	and work cooperatively.	people and to work cooperatively.	people and to work cooperatively with	I listen to people and can work
	I need to be able	I try to accept	groups of people.	cooperatively with
	to accept helpful	helpful feedback	I can accept	wide groups of
	feedback and reject unhelpful	and to reject unhelpful criticism.	helpful feedback and to reject	people. I enthusiastically
	criticism.	I know when,	unhelpful criticism.	accept helpful
	I need to know	where and how to	I know when,	feedback and can
	when, where and	get help.	where and how to	reject unhelpful
	how to get help.		get help.	criticism. I know when,
				where and how to
				get help.