






Year 8: ASK Yourself!

Subject: Life Skills

Unit: Emotional Intelligence

	Launching	Developing	Progressing	Mastering
 S skills				
Teamwork	I need to be able to work in a team.	With help I can work as part of a team.	I can operate in different roles as part of a team.	I can successfully contribute to, and lead, a team.
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.
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				
Emotional Intelligence 	I need to understand what the habits of Emotional Intelligence are and demonstrate them regularly both at school and at home.	I understand what the habits of Emotional Intelligence are, demonstrate them regularly, and can explain how to improve them.	I understand how I am Emotionally Intelligent. I appreciate that <i>developing both my stronger and weaker habits will support me</i> , in developing a successful attitude towards learning.	I effectively apply my Emotional Intelligence in ALL lessons. I identify ways to develop ALL my habits and my attitude towards learning. I recognise the strengths and weaknesses of others and am responsible when selecting who to work with and how to work with them.