






Year 9: ASK Yourself!

Subject: Life Skills
Unit: Healthy Living

| | Launching 1-2 | Developing 3-4 | Progressing 5-6 | Mastering 7-9 |
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|  S skills |  | | | |
| 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. |
| Numeracy | I need to increase my awareness and use of numeracy techniques. | With support I am becoming aware of numeracy techniques that would support my learning. | I regularly use numeracy techniques to underpin my learning. | I successfully use numeracy techniques to underpin and further my learning. |
| 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. |
|  K knowledge |  | | | |
| Healthy Living  | I need to consider my lifestyle and how my thoughts and choices are impacting it. | I understand how and why the media can have both negative and positive effects on body image. I can calculate risk to ensure I make healthy choices. | I understand and can explain why people struggle with the ideals of healthy living. I can confidently express my views in a variety of ways. | I effectively apply my understanding of healthy living in my everyday life. I can justify my decisions and persuade others to consider different viewpoints. |