

	YEAR 7	LEVEL 7
	Subject Focus: Intrapersonal and Interpersonal awareness	
1	I can confidently talk about myself and others.	
2	I can confidently talk about other students in my group or class.	
3	I can communicate and express, why rules and regulations are important in different social contexts.	
4	I can identify the consequences of my own and others' actions on those around me.	
5	I can contribute to a set of ground rules.	
6	I can work in a group and share my ideas.	
7	I am able to mention the different teachers in my school.	
8	I can recognise where to seek help in school, if I need it.	
9	I recognise that my words and behaviour can affect other people's feelings.	
10	I can recognise the importance of respecting other's needs, feelings and opinions.	
11	I can explain why communication is a fundamental skill in different aspects of life.	
12	I can identify what is effective communication.	
13	I can recognise between kind and unkind, right and wrong communication.	
14	I can talk about the consequences of bullying, how it feels and why it is wrong.	
15	I can recognize the different types of bullying and where to seek support.	
16	I can distinguish between passive, assertive and aggressive behaviour.	
17	I can recognise what constitutes a positive and healthy relationship.	
18	I can recognise ways in which a relationship can be unhealthy and abusive.	
19	I can express why it is important to disclose when I am being abused.	
20	I can list the trusted adults where I can seek help when I am being abused.	
21	I can write/draw or list my strengths and qualities.	
22	I can recognize those qualities that make me a unique individual.	
23	I can recognize that the way I see and value myself affects my self-confidence, self-esteem and behaviour.	

24	I can explain why different situations cause different emotions.
25	I recognize the importance of sharing and talking about feelings.
26	I am able to explain why different situations cause different emotions.
27	I can describe why people show different feelings when faced with same situations.
28	I can talk about my preferred way of learning.
29	I can describe the different learning strategies that help me to learn and study better.
30	I can show that I am able to prepare a study plan.
	Subject Focus: Career Exploration and Planning
1	I can talk about the different jobs and careers carried out by people I know.
2	I can list the skills needed for a particular job/career.
3	I am able to explain why a particular job/career is important for the community.
4	I can recognize that there are different types of work such as paid employment, voluntary work and others.
5	I can describe what stereotypes and prejudice mean.
6	I can talk about the effects of stereotyping people.
7	I can recognise how media can influence my perceptions of people.
8	I can discuss how I can give a contribution in the home.
9	I can discuss how I can give a contribution in the community.
10	I can list/draw/demonstrate things I can do to help out others.
	Subject Focus: Health, Safety and Well being
1	I can explain the changes that occur during puberty.
2	I can identify the different sexual parts of the body.
3	I can identify and respect the differences and similarities between people.
4	I can discuss how puberty offers different challenges to different people.
5	I recognize that my feelings and reactions can change depending upon what is happening within and around me.
6	I can discuss about the importance of personal hygiene.

7	I can talk about simple hygienic procedures that can reduce the spread of bacteria and viruses.
8	I can show that legal drugs can also hurt or effect people.
9	I can recognize that there is help for people who are addicted to alcohol.
10	I can demonstrate how to be assertive.
11	I can discuss how I manage different activities in my life.
12	I can list the type of activities that are important to me.
13	I can talk about the importance that leisure plays in my life.
14	I can explain the value of making decisions that help me to be well and stay well.
15	I can give positive feedback to the students in my group.