

YEAR 9 MY LEARNING PROGRESS THIS YEAR

Students Name:	Assessment Date	Working Below	Working At	Working Above	Teachers Comments
Importance of Sleep		<p>I am able to identify some of the importance of sleep to maintain physical, mental and emotional health and wellbeing</p> <p>I am able identify some of the ways to manage sleep to maintain positive mental health</p>	<p>I am mostly able to identify the importance of sleep to maintain physical, mental and emotional health and wellbeing</p> <p>I am mostly able to identify how to manage sleep to maintain positive mental health</p>	<p>I am able to explain in detail the importance of sleep to maintain physical, mental and emotional health and wellbeing</p> <p>I am able explain in detail how to manage sleep to maintain positive mental health</p>	
Negotiation Skills		<p>I am able to identify some of the communication skills of active listening, negotiation, offering and receiving constructive feedback and assertiveness</p> <p>I am able to identify how some of these contribute to positive mental health</p>	<p>I am mostly able to identify the communication skills of active listening, negotiation, offering and receiving constructive feedback and assertiveness</p> <p>I am able to mostly identify how these contribute to positive mental health</p>	<p>I am able to explain in detail the communication skills of active listening, negotiation, offering and receiving constructive feedback and assertiveness</p> <p>I am able to explain in detail how these contribute to positive mental health</p>	
Loss, Separation and Divorce		<p>I am able to identify some of ways to manage or deal with the effects of loss, separation and divorce</p>	<p>I am mostly able to identify how to manage or deal with the effects of loss, separation and divorce</p>	<p>I am able to explain in detail how to manage or deal with the effects of loss, separation and divorce</p>	
Communication – Online V Face-to-Face		<p>I am able to identify some of the differences between online and face-to-face communication and when it is appropriate to use these</p>	<p>I am mostly able to identify the differences between online and face-to-face communication and when it is appropriate to use these</p>	<p>I am able to explain in detail the differences between online and face-to-face communication and when it is appropriate to use these</p>	
Body Image		<p>I am able to identify some of the ways that the media portrays young people and to recognise its possible impact on body image and health issues</p> <p>I am able to identify some of the ways that identity is affected by a range of factors, including the media and a</p>	<p>I am mostly able to identify how the media portrays young people and to recognise its possible impact on body image and health issues</p> <p>I am mostly able to identify how identity is affected by a range of factors, including the media and a positive sense of</p>	<p>I am able to explain in detail how the media portrays young people and its possible impact on body image and health issues</p> <p>I am able to explain in detail how identity is affected by a range of factors, including the media and a positive sense of self</p>	

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