



AOLE	Subject	Year	Assessment
Health and Wellbeing	PSE	8	Can I become more responsible for my health and happiness?

Progression Table		
Progression Indicator	Knowledge	Skills
Excelling	<p>I know how to justify and debate the tension between personal choice and social responsibility for physical and emotional health and why in some circumstances this could be challenging.</p> <p>I know personal strategies that I could use to support my physical and emotional/mental health and give reasons why some may be more effective than others.</p>	<p>I can justify and debate the tension between personal choice and social responsibility for physical and emotional health and why in some circumstances this could be challenging.</p> <p>I can evaluate personal strategies that I could use to support my physical and emotional/mental health and give reasons why some may be more effective than others.</p>
Advancing	<p>I know a range of responsible choices that I need to make to support my physical and emotional well-being and how these are linked. I know the impact, positive and negative, that different substances can have on a person's health and well-being, on vulnerable individuals and on society as a whole.</p> <p>I know how emotions are linked to thoughts and actions, which can lead to positive or negative lifestyle choices. I know strategies that could be used to support my emotional/mental and physical health, including risk management, and explain why these could be effective.</p>	<p>I can explain a range of responsible choices that I need to make to support my physical and emotional well-being and how these are linked. I can discuss the impact, positive and negative, that different substances can have on a person's health and well-being, on vulnerable individuals and on society as a whole.</p> <p>I can explain how emotions are linked to thoughts and actions, which can lead to positive or negative lifestyle choices. I can suggest strategies that could be used to support my emotional/mental and physical health, including risk management, and explain why these could be effective.</p>
Securing	<p>I know how to resist peer pressure when it could lead to unwanted risk.</p> <p>I know ways of keeping me healthy.</p> <p>I know different substances and their effects.</p>	<p>I can describe how to resist peer pressure when it could lead to unwanted risk.</p> <p>I can describe ways of keeping me healthy.</p> <p>I can describe different substances and their effects.</p>
Beginning	<p>I know examples of responsible choices that I can make to support my physical and emotional/ mental health.</p> <p>I know examples where a person's emotions could lead to their thoughts and behaviour damaging themselves or others. I know ways to access support and information so this is less likely to happen.</p>	<p>I can identify examples of responsible choices that I can make to support my physical and emotional/ mental health.</p> <p>I can identify an example where a person's emotions could lead to their thoughts and behaviour damaging themselves or others. I can also suggest ways to access support and information so this is less likely to happen.</p>

