



AOLE	Subject	Year	Assessment
Health and Wellbeing	PSE	7	To what extent am I responsible for my mental and physical health?

Progression Table		
Progression Indicator	Knowledge	Skills
Excelling	I know the importance of taking responsibility for your own health and can provide examples of the benefits of a healthy lifestyle.	I can explain the importance of taking responsibility for your own health and can provide examples of the benefits of a healthy lifestyle.
Advancing	I know how stress can affect the human body and can provide examples of this. I know different methods of how to manage stress.	I can explain different methods of how to manage stress. I can explain how stress can affect the human body.
Securing	I know examples of healthy and unhealthy lifestyle choices. I know how people use different techniques to manage their emotions.	I can describe examples of healthy and unhealthy lifestyle choices. I can describe how people use different techniques to manage their emotions.
Beginning	I know how stress can affect the human body. I know healthy and unhealthy lifestyle choices.	I can state some of the changes that happen in the body when it experiences stress. I can identify healthy and unhealthy lifestyle choices.