



Topic 1 - What must I do to be a positive role model at the Wordsley School?

G	R	O	W
You prioritized three things you could do to be a positive role model to others.	You were able to apply your learning and suggest ways you could be a positive role model at secondary school.	You described what a role model is and identified what traits a positive role model may have.	You were able to identify a role model and justify your choice.
You were able to evaluate how you can be a positive role model for getting involved around school and making new friends.	You were able to explain what challenges you may face with making new friends and losing old friends.	You were able to suggest two things you can try to make new friends. You can explain how making new friends is an important aspect of starting secondary school.	You were able to identify one reason why it is important to have friends.
You were able to select 2 examples of bullying and suggest appropriate ways to respond to bullying. You could confidently advise a friend who is being bullied.	You can explain why someone may choose to bully and the consequences for the victim. You have a clear understanding of the difference between bullying and conflict and can give specific examples of both.	You were able explain the difference between bullying and conflict. You can identify examples of bullying.	I know what to do if I experience or witness bullying. I can define the term 'bullying'.
You were able to analyse reasons why is important to be respectful of others and the impact being respectful, not just in school but in all areas of life.	You were able to suggest solutions to problems a family may experience. You can explain why showing respect for others makes someone a positive role model around school.	You can describe three different types of family and suggest way to avoid conflict at home. You can identify examples of respectful behavior.	You were able to identify 3 types of family and why families may experience conflict from time to time.
You were able to use a range of keywords about health and wellbeing. You also were able to spell, punctuate and use sophisticated grammar throughout your work.	You were able to use some keywords about health and wellbeing. You also were able to spell, punctuate and use good grammar throughout most of your work.	You were able to use several keywords about health and wellbeing. You also were able to spell, punctuate and use good grammar throughout your work.	You were able to use at least one keyword about health and wellbeing. You also were able to spell, punctuate and use good grammar throughout some of your work.

Topic 2 - How do I maintain healthy relationships? (RSE)



G	R	O	W
<p>You understand that all relationships are different. You can evaluate the key concepts of a healthy relationship and how they are linked. Similarly, you understand that not all relationships are healthy, can interpret signs of an unhealthy relationship and could advise/help someone who may be in an unhealthy relationship.</p>	<p>You can explain the difference between relationships (romantic, friendships etc). You can describe features of a healthy relationship and make some links. You have identified warning signs of an unhealthy relationship.</p>	<p>You can define the 5 key features of a healthy relationship and explain why they are important. You have explained warning signs of an unhealthy relationship.</p>	<p>You can identify different types of relationship and describe what skills are needed to maintain a healthy relationship. You can identify warning signs of an unhealthy relationship.</p>
<p>You can evaluate the difference between empathy and sympathy and know when these skills should be applied. You have analysed different acts of kindness and can apply this in your own relationships.</p>	<p>You can confidently explain the difference between sympathy and empathy. You have identified examples of both and how they should be used to support your relationships. You understand the importance of kindness and can explain the impact this can have on your relationships.</p>	<p>You show an understanding of the difference between empathy and sympathy. You can explain why these are important in maintaining healthy relationships.</p>	<p>You can define the terms 'kindness', 'sympathy' and 'empathy' and give an example of each. You can describe why kindness is important in maintaining a healthy relationship.</p>
<p>You are confident in evaluating the difference between effective and poor communication. You can give a detailed explanation of why effective communication is so important in maintaining healthy relationships. Similarly, you can explain why poor communication is potentially damaging to a relationship.</p>	<p>You can explain which skills are needed to enable us to communicate effectively and give examples, e.g. active listening. You can explain how using skills, such as active listening, helps maintain strong relationships.</p>	<p>You can describe the skills needed to communicate effectively. You understand why communication is important in maintaining healthy relationships and can give an example to support your opinion.</p>	<p>You show an understanding of the meaning of the term 'communication' and can identify what skills are needed to communicate effectively. You can give a brief explanation of why effective communication is important in maintaining healthy relationships.</p>
<p>You can evaluate the level of risk associated with everyday activities, such as crossing a busy road. You understand how to minimize risk and keep yourself safe. You can address the benefits and dangers associated with social media and internet use. You know</p>	<p>You can apply 'the what' and 'the might' analogy to everyday situations and effectively measure the level of risk an activity may bring. You confidently apply safety measures to minimize risks. You can assess the level of risk in using social media and the internet.</p>	<p>You understand that there are many different risks we encounter on a daily basis. You can identify circumstances where risk may occur, how we can manage that risk and put certain safety measures in place. You understand the meaning of 'E-safety' and can explain the dangers of using social media.</p>	<p>You can define the term 'risk' and demonstrate an understanding of how we can manage risky situations. You can identify benefits and dangers of using social media.</p>

how to identify potential threats online, e.g. cyberbullying, hacking, grooming.	You can put specific safety measures in place to protect yourself online, e.g. passwords.		
You can evaluate which of the 5 key features of a healthy relationship are missing when peer pressure is present. You understand that although you might want to fit in or look cool, you should be assertive when responding to peer pressure.	You can evaluate the consequences of peer pressure and the negative impact it can have on a relationship. You understand that although you might want to fit in or look cool, you should be assertive when responding to peer pressure.	You can describe when incidents of peer pressure are likely to happen and the impact it can have. You understand the difference between being assertive and being aggressive. You can give an example of an assertive response to peer pressure.	You can define the term 'peer pressure' and identify an example. You are able to respond confidently if someone attempts to pressure you to do something you aren't comfortable with.

Topic 3 - Why is it important to make healthy choices?



G	R	O	W
You are able to analyse several health benefits of consuming a healthy diet and use this to formulate your own 'Eat-Well' plate, following NHS guidelines.	You can evaluate consequences of consuming an unhealthy diet and the impact on our health and well-being.	You have used the NHS 'eat-well' guidance to create a healthy meal plan. You can describe how different food groups are used by the body.	You can identify 5 portions of fruit/veg to be eaten on a daily basis, as advised by the NHS. You can identify 2 health benefits of eating a healthy diet.
You can prioritise the benefits of regular exercise for our health and well-being. You can analyse the importance of regular exercise for maintaining good mental health.	You are able to evaluate the health benefits of regular exercise - e.g. regular cardiovascular exercise can reduce the risk of developing heart disease in later life.	You can describe how regular exercise can reduce the risk of developing disease, giving specific examples. You can explain NHS guidelines on regular exercise - 30 minutes exercise everyday.	You can identify 2 types of exercise and show an understanding of how regular exercise benefits our health and well-being.
You are able to analyse the benefits of personal hygiene for our health and well-being. You can evaluate the consequences of poor personal hygiene.	You can evaluate why personal hygiene becomes increasingly important as you become a teenager and make links with puberty.	You can explain the importance of maintaining a good level of personal hygiene and give specific examples of how this can be achieved.	You can describe two changes your body will go through as you become a teenager. You can define the term 'personal hygiene' and identify reasons why it is important.
You can detail the link between alcohol use and mental health. You are able to analyse the effects of depressants and stimulants on the body.	You demonstrate a sound understanding of the law on alcohol use in the UK. You can evaluate the consequences of alcohol abuse on health and well-being.	You can explain key features of the law surrounding alcohol consumption. You understand the difference between a depressant and a stimulant.	You are able to identify reasons why a person may choose to drink alcohol. You can describe one way alcohol affects the body.

		You show an understanding of the links between alcohol use and mental health.	
You are able to analyse why young people may be more susceptible to peer pressure. You can analyse the dangers of smoking and highlight potential consequences of vaping in later life.	You can evaluate several effects of smoking/vaping on the human body. You can suggest ways to avoid falling victim to peer pressure and how to deal with it.	You can explain how peer pressure can influence our ability to make healthy choices. You show an understanding of the effects of smoking/vaping on our health and well-being. You can explain UK law around smoking/vaping.	You can describe 2 reasons why a person may choose to smoke or vape. You can define the term 'peer pressure'.
You are fluent in identifying an emergency and are confident in what you need to do should an emergency occur (999, first aid etc).	You are able to evaluate the consequences of abusing emergency services. You could teach a peer key emergency procedures.	You could advise a friend on what to do should they need support/help. You can explain what makes an emergency and the importance of acting quickly. You can explain key emergency first aid procedures (burns, choking, etc).	You can identify two examples of an emergency and where to go to seek help. You are familiar with the process of calling 999 in case of an emergency. You can label and describe key steps on issuing first aid.

Topic 4 - What challenges might I face as I become a teenager?



G	R	O	W
You demonstrate a sound understanding of the various stages of puberty and give detailed explanations of changes to the male and female body. You can fully explain the menstrual cycle and link to reproduction.	You can empathise with those who find puberty difficult. You are able to analyse the impact of puberty on a teenage body - what are the biggest challenges you might face? You can suggest ways of minimising the impact of puberty on mental health.	You can explain the meaning of the term 'puberty' and give specific examples of how male and female bodies will change. You can label and explain key features of the menstrual cycle. You demonstrate an understanding of how puberty can impact mental health.	You can define the term 'puberty'. You are able to identify two changes boys and girls will experience as they approach puberty. You show an understanding of the workings of the menstrual cycle.
You are able to analyse common mental health issues and why 80% of mental health conditions begin before the age of 18.	You can explain the link between mental health, puberty and brain development.	You are able to identify common mental health issues and suggest ways of protecting/improving our mental health.	You can define the term 'mental health'. You can suggest reasons why teenagers may experience poor mental health.
You can analyse the impact of stereotyping based on a person's gender identity or sexuality.	You demonstrate a sound understanding of gender identity and gender expression.	You can give a range of terms to describe gender identity and gender expression.	You are able to define the terms 'gender identity' and 'respect'.

	You show an understanding of the negative consequences of stereotyping.	You can identify reasons why stereotyping can be dangerous.	
--	---	---	--

Topic 5 - What does it mean to be a British citizen?



G	R	O	W
You can analyse reasons why people of different faiths or beliefs should be accepted and should not experience prejudice or discrimination. You are able to explain the benefits of living under a democratic system of government.	You can give examples of when or where we may see the fundamental British values in practice. You can explain the benefits of living in a multicultural society and the dangers of discrimination.	You are able to recall key British values and provide definitions of each. You can give examples of how our fundamental British values are protected by law. You can describe the meaning of national identity and give examples of how this may be portrayed in Britain.	You are able to identify a minimum of 2 British values (Democracy, Rule of Law, Respect & Tolerance and Individual Liberty). You can define the terms 'prejudice' and 'discrimination'.
You can analyse the benefits of active involvement with your school and local community.	You can clearly explain the strengths and weaknesses of your local community, giving specific examples (e.g. homeless people).	You can describe different types of community and what makes a community successful. You can explain specific examples of successful communities (e.g. voluntary groups).	You are able to define the term 'community' and identify features of a successful community. You can give examples of how you can be active in your school or local community.
You can analyse different laws and human rights and state why they are important.	You can explain why there are laws to protect our freedom and rights. You can demonstrate that every right comes with its own responsibility.	You can describe some of the rights which apply to you as a young person. You show an understanding of laws designed to protect our rights,	You understand that all people have rights regardless of their race, religion, gender, culture, ability or sexual orientation.
You can analyse the benefits of having a local/regional councillor.	You can explain the role of local/regional government and give specific examples of how they run and contribute to society	You can describe the role of local government and a local councillor.	You are able to define the terms 'local and regional government' and 'devolution'.
You can analyse the importance of UK politics and discuss the impact on our everyday lives.	You can explain the consequences of 'voter apathy'. You can explain the election process in the UK and give examples.	You can describe the benefits of living under a democracy. You are able to explain key parts of the election process in the UK and who can and can't vote.	You can define the terms 'democracy' and 'election'. You can identify some benefits of living under a democratic style of government. You show a basic understanding of the election process.

Topic 6 - How can I be a global citizen?



G	R	O	W
You can analyse reasons why the work of charities is so vital, giving specific examples of recent events.	You can assess the impact of the help charities provide to people in need. You can explain your view on why charities are so important and how we, as individuals can contribute.	You can describe how charities have supported people following a recent catastrophic event (e.g. earthquake in Turkey - this may change based on world events). You can explain how you can support people following a global catastrophe.	You can give me an example of a global charity. You can identify one way you can contribute to the global community (giving to charity, helping the environment).
You can analyse which countries uphold the Human Rights laws and which don't. You can explain specific examples and the consequences for citizens. You can analyse the importance of respecting equality and diversity.	You are able to debate whether human rights and equality are respected by all and give examples. You can give examples of issues in countries where diversity & equality is not respected.	You can describe why human rights are important and must be protected. You tell me specific examples of human rights laws.	I can define the terms 'diversity' and 'equality'. You can identify at least two terms from the Human Rights Declaration.
You can analyse reasons why people do/don't buy fairtrade products. You are able to evaluate the impact fairtrade has on the lives of farmers/traders in other countries.	You can explain how fairtrade helps farmers in other countries. You begin to analyse reasons why someone may purchase fairtrade products.	You can describe the purpose of the fairtrade logo and why the movement was created. You can give examples of why fairtrade is important.	You can define the term 'Fairtrade' and give examples of fairtrade products. You show an understanding of the benefits of buying fairtrade.

Topic 7 - What makes a good employee?



G	R	O	W
You can analyse your strengths and weaknesses - what is your biggest strength? You give examples of what you could do to overcome your weaknesses.	You are confident in explaining the strengths and weaknesses of your personality.	You show an understanding of your strengths and weaknesses.	You can identify one strength and one weakness you have.