



# KS3 PSHE



## Personalised Learning Checklist

Name: \_\_\_\_\_

|                     |                         |
|---------------------|-------------------------|
| <b>Year 7 Topic</b> | <b>Mental Wellbeing</b> |
|---------------------|-------------------------|

|                       |  |
|-----------------------|--|
| <b>My Band is</b>     |  |
| <b>Teaching Group</b> |  |

|                        |                           |                           |                           |
|------------------------|---------------------------|---------------------------|---------------------------|
| <b>How am I doing?</b> | Autumn: <b>E, G, S, U</b> | Spring: <b>E, G, S, U</b> | Summer: <b>E, G, S, U</b> |
|------------------------|---------------------------|---------------------------|---------------------------|

Use this checklist before your assessment to focus your work and after to check the effectiveness of your work.

|          |   |
|----------|---|
| <b>G</b> | I am confident about this topic and I know what I need to do.   |
| <b>A</b> | I am not too sure about this topic. I may need to check with my teacher and spend more time working on this topic.                  |
| <b>R</b> | I am not confident I could answer a question on this topic. I need to check with my teacher and ensure I have what I need to do it. |

| <b>What will I learn?</b>  |          |          |          |
|--|----------|----------|----------|
| <b>Part One Content</b>  | <b>R</b> | <b>A</b> | <b>G</b> |
| I know how memories work and what things affect memory                                       |          |          |          |
| I can discuss a range of scenarios where change happens and offer advice to someone affected |          |          |          |
| I can identify a range of different emotions   |          |          |          |
| I can discuss how to deal with negative emotions such as disappointment and anger            |          |          |          |
| I can encourage others to keep going and not give up   |          |          |          |
| I can understand that there are consequences for our actions                                 |          |          |          |
| I can discuss how altering images in the media can have negative consequences                |          |          |          |
| I can identify different ways to boost mental wellbeing                                      |          |          |          |
| I can understand how interests and skills help me to grow and develop resilience             |          |          |          |
| I can identify ways I can develop my sensitivity to others and self-awareness                |          |          |          |

| <b>Key Language for this topic</b>  |  |
|---|--|
| <b>Add in the definition for each of these words. Try to learn the spellings.</b> |  |
| emotions  |  |
| feelings  |  |
| consequences  |  |
| anger   |  |
| empathy   |  |
| Body image  |  |
| Mental wellbeing  |  |
| happiness   |  |
| pleasure  |  |

|                |  |
|----------------|--|
| Self-care      |  |
| resilience     |  |
| personality    |  |
| Self-awareness |  |
| sensitivity    |  |
|                |  |
|                |  |
|                |  |

**Additional Support / Guidance**

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**Reflection**

| What went well on this unit of work?<br>Why was this? | In what areas do I need to improve? | What actions should I take to do well in my next unit of work? |
|---|-------------------------------------|--|
|   |                                     |  |