

NAME _____

PSHE			
PERSONAL CARE		GGA Level 12	
Eating & Drinking	Personal Presentation	Personal Hygiene	Personal Safety
<ul style="list-style-type: none"> Follow familiar routine to get own meal/snack, organising self independently, <i>e.g. collects tray, cutlery & makes choices from a wider menu, chooses where to eat meal in Refectory</i> 	<ul style="list-style-type: none"> Anticipates when to undress in unfamiliar situations for routine events, <i>e.g. bedtime on a residential trip</i> Dresses self independently, which may include more complex fastenings, <i>e.g. close a zip, tie shoe laces, belt buckle</i> Corrects if clothes left inside out Actively participates with : manicures/pedicures skin care routines makeover 	<ul style="list-style-type: none"> When requested actively follows sequence of more complex self care routines with support : hair washing hair drying showering bathing nail cleaning care during menstruation 	<ul style="list-style-type: none"> Identify people in the community who would help them if they feel unsafe Knows & can follow the sequence of safely taking medicines Knows the difference between safe medicines & unsafe drugs Knows & understands the roles of the emergency services, <i>e.g. police, ambulance, fire</i> Aware of potential hazards to self in familiar settings, <i>e.g. Faculty</i>

	Date		Date		Date		Date		Date
20% Achieved		40% Achieved		60% Achieved		80% Achieved		Level Achieved	