

NAME _____

PSHE

PERSONAL CARE

GGA Level 13

Eating & Drinking	Personal Presentation	Personal Hygiene	Personal Safety
<ul style="list-style-type: none"> Use skills to try a range of healthy snacks/meals in the Refectory 	<ul style="list-style-type: none"> Organises self to wear appropriate clothing for familiar activities & situations, <i>e.g. hot weather, work experience</i>, with prompts Visits hair salon & has hair cut with support Actively participates with & requests : <ul style="list-style-type: none"> manicures/pedicures skin care routines makeovers 	<ul style="list-style-type: none"> When requested actively follows sequence of more complex self care routines with verbal prompts : <ul style="list-style-type: none"> hair washing hair drying showering bathing nail cleaning care during menstruation 	<ul style="list-style-type: none"> In role play situations is able to ask for help to manage unwanted attention Name a range of substances, <i>e.g. alcohol & drugs</i>, that can have harmful effects on the body Aware of potential hazards to self in less familiar settings, <i>e.g. flat</i>

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