



## QEGS PSHE RSE Skills Ladder

*PSHE and RSE is all about preparing ourselves to be the best people we can be both now and in the future. The skills shown here help us to do this. We will look at how we are doing in our lessons, and always aim to improve.*

### **Demonstrate and overcome changes in life for myself, and others**

Evaluate

**I can decide, with evidence, whether what we study has value to me and others**

Argue persuasively

**I can put my point across in a way others see as meaningful**

Make accurate critical assessment

**I can think in a sensible way that helps me change my opinions based on evidence**

Analyse and apply

**I can examine something we learn about in detail**

### **Manage changes in my life**

Reflect

**I can think deeply, or carefully about what we study and how it effects you**

Explain

**I can make what we are learning about clear by describing it in more detail**

Demonstrate

**I can show why something is what it is when we learn about it**

Justify

**I can say why my view, or someone else's, is correct on what we are learning**

### **Identify life changes**

Suggest

**I can come up with useful ideas on something we are studying**

Describe

**I can use words to say what something we learn about is like**

List

**I can give some examples of something we are looking at**

State

**I can say what something is when we learn about it**