



All-age guidance

Preparing for

Adulthood



Assessment Book 1

Name:

Assessment Point (A.P.) 1 entry date:

Assessment Point (A.P.) 2 entry date:

Assessment Point (A.P.) 3 entry date:



EDUCATION AND EMPLOYMENT

		A.P 1	A.P 2	A.P 3
E1	I can follow a simple (one-part) instruction			
E2	I can accept change and move between different environments			
E3	I can identify different jobs/roles			
E4	I can recognise and read my own name			
E5	I can read and write my own name			
E6	I can recognise and write numbers to 20			
E7	I can recognise buildings in the community and know their purpose			
E8	I can talk about what I want to be when I grow up			
E9	I can listen to and participate in discussions about different kinds of jobs and careers			
E10	I can talk about my interests and career ambitions			
E11	I can participate in discussions around secondary school options and transitions			

Evidence for assessment

SELF HELP AND INDEPENDENCE

		A.P 1	A.P 2	A.P 3
l1	I can recognise when I need to use the toilet and make an adult aware of this			
l2	I can go to the toilet on my own			
l3	I can follow all steps of a hand washing routine			
l4	I can feed myself and drink from a cup			
l5	I can maintain and understand the importance of personal hygiene			
l6	I can brush my own teeth and wash my face			
l7	I can dress and undress myself			
l8	I can recognise approximate times of the day (e.g. meal times, bedtime, school time) and year (changing seasons)			
l9	I know my own body and understand changes that are beginning to happen			
l10	I can independently pay for an item in a shop and recognise whether or not I have been given the correct change			
l11	I can prepare a simple snack or meal with supervision			
l12	I can understand how to stay safe on busy roads and travel routes			

Evidence for assessment

FRIENDS, RELATIONSHIPS AND COMMUNITY INVOLVEMENT

		A.P. 1	A.P 2	A.P 3
C1	I can show an interest in what others are doing and imitate or exhibit signs of wanting to join in			
C2	I can participate in an interaction with at least one peer			
C3	I can share toys or take turns when playing a game			
C4	I can be out in the community safely with my family or trusted adult(s)			
C5	I can form a reciprocal friendship with at least one to two peers			
C6	I can understand who 'safe' people are within my school and community and when they can be approached			
C7	I can participate in school activities and routines			
C8	I can begin to recognise that others have different feelings and views to me			
C9	I can take part in activities at the weekends or after school			

FRIENDS, RELATIONSHIPS AND COMMUNITY INVOLVEMENT

		A.P. 1	A.P. 2	A.P. 3
C10	I can form and maintain friendships with a small group of peers			
C11	I can recognise the qualities of a 'good' friend			
C12	I can recognise bullying and know where and how to seek help			
C13	I know key locations in my local area (e.g. school, home, local shops)			
C14	I can understand ways to stay safe, on and offline			
C15	I can manage the change to a new educational setting, including new staff, peers and routines			



Evidence for assessment

HEALTH AND WELLBEING

		A.P. 1	A.P. 2	A.P. 3
H1	I can explore a variety of different foods			
H2	I can express when I am in pain or discomfort to a trusted adult			
H3	I can engage with all health checks and immunisations that are appropriate for my age			
H4	I can engage with a bedtime routine			
H5	I can respond to the calming strategies of a familiar adult when I am dysregulated			
H6	I can access the appropriate amount of physical activity for my age every day (according to NHS guidelines)			
H7	I can understand the difference between healthy and unhealthy foods and make good choices around what I eat			
H8	I can participate in physical activities, such as PE lessons			
H9	I can name the parts of my own body and identify which parts are private			
H10	I can access emergency services by dialling 999			
H11	I can engage with health appointments, such as the dentist and doctor			
H12	I can identify a range of different emotions and recognise them in myself			
H13	I can understand and apply the NSPCC 'PANTS' rules			

HEALTH AND WELLBEING

		A.P. 1	A.P 2	A.P 3
H14	I can take responsibility for my personal health needs and/or equipment for short periods of time			
H15	I can recognise how long I have been using a screen and when it is time to take a break			
H16	I can recognise and manage changes that are happening to my body (e.g. using deodorant, showering more frequently)			
H17	I can locate, identify and communicate physical or mental health concerns to an appropriate adult			
H18	I can use taught strategies, with support, to regulate my own emotions			



Evidence for assessment



This year, I am proud of...



My targets for next year are...



In order to achieve this, I need...