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|  | What I should know, understand, be able to explain or do |
| Exceptional | I can understand and describe healthy lifestyles in detail, including using reflexive verbs accurately in all forms (I, you, he, she etc).  I can understand and use a wide range of vocabulary related to daily routine, food and fitness.  I can understand and use the imperfect tense accurately and with confidence to compare past and present activities and habits for myself and others.  I can understand and use the conditional tense accurately and with confidence to advise future lifestyle changes. |
| Advancing | I can understand and describe healthy lifestyles in some detail, including using reflexive verbs in all forms.  I can understand and use a range of vocabulary related to daily routine, food and fitness.  I can understand and use the imperfect tense accurately to compare past and present activities and habits.  I can understand and use the conditional tense accurately to advise future lifestyle changes. |
| Secure | I can understand and describe healthy lifestyles, including using reflexive verbs.  I can understand and use vocabulary related to daily routine, food and fitness.  I can understand and use the imperfect tense with some accuracy to compare past and present activities and habits.  I can understand and use the conditional tense with some accuracy to advise future lifestyle changes. |
| Developing | I can understand and describe healthy lifestyles using simple adjectives, including some reflexive verbs.  I can understand and use simple vocabulary related to daily routine, food and fitness with support.  I can describe some past activities using the imperfect tense with support.  I can understand some conditional tense sentences and produce my own to advise future lifestyle changes with support. |
| Emerging | I can understand and give single details about healthy lifestyles. I can use one or two reflexive verbs.  I can understand and use some simple vocabulary related to daily routine, food and fitness with support.  I can describe one or two simple past activities in the imperfect tense with support.  I can give one or two pieces of simple advice using the conditional tense with support. |

**Year 9 Spring 1 - Health**