

## Gold Level - Primary 7

My Health & Wellbeing	Organising Myself and Taking Responsibility	Literacy & Numeracy Skills		Working with others and skills for work	Digital Literacy
I can choose a healthy snack.	*I can sew a button or mend a hem/tear with basic stitches.	I can prepare a personal statement outlining my skills and abilities.	I can work with fractions, percentages and decimals in real life contexts.	I am polite and respectful to others.	I can use software packages e.g. Word or Publisher to publish my work.
I know what to do in an emergency situation and how to contact the emergency services.	I set goals/targets for my personal development and can evaluate my progress.	I can use a French dictionary.	I can tell the time using 12 and 24 hour clocks.	I can work cooperatively with others in group, offering help & encouragement.	I can access my ILD and input photos/ information, stating the next steps in my learning.
I can prepare a simple snack or meal (e.g. beans on toast or scrambled eggs) independently.	I can wash dishes or use a dishwasher independently.	I can find information from a newspaper/ online.	I can work with numbers up to 1,000,000	I have participated in a performance in front of an audience.	I can take and manipulate a digital image.
I understand general health and safety issues.	I put items for recycling in the correct receptacle.	I know the conventions of, and have taken part in, a debate.	I can weigh and measure using the metric and imperial scale.	I have taken part in a charity/fundraising event.	I can save work in my personal folder or to a USB.
I take part in a physical activity every day and can explain how exercise and rest keep me healthy.	I demonstrate a positive and responsible attitude in class and around the school.	I can interpret a train/bus timetable.	I know how a bank account works and am aware of the differences between credit/debit cards.	I am aware of and can use some strategies to manage conflict/disagreement as it arises in group situations.	I know about internet safety.

**\*with adult supervision**