



Key Stage 3-4 PHSEE

Healthy Lifestyles – Encountering

HL1 — Elements of a healthy lifestyles

Respond to stimuli showing different aspects of a healthy lifestyle.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Mental wellbeing

Respond to stimuli about things we like to do which make us feel calm and relaxed

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL3 — Physical activity

Respond to stimuli about different kinds of physical activity and exercise.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL4 — Healthy eating

Respond to stimuli about different kinds of food and drinks.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL5 — Body image

Respond to stimuli showing different images of young people.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL6 — Medicinal drugs

Respond to stimuli about different health professionals (doctors, dentists, nurses) and how they take care of us.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL7 — Medicinal drugs Drugs, alcohol & tobacco

Respond to stimuli about taking care of our body.

Not Met

Shallow

Emerging

Developing

Deepening

Functional



Key Stage 3-4 PHSEE

Healthy Lifestyles – Foundation

HL1 — Elements of a healthy lifestyles

Recognise what is meant by a healthy lifestyle.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Mental wellbeing

Identify things we can do to help ourselves when we feel worried or stressed.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL3 — Physical activity

Identify different kinds of physical activity and exercise

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL4 — Healthy eating

Identify our favourite foods and drinks.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL5 — Body image

Identify and describe some different images of young people in pictures, magazines, TV programmes and social media.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL6 — Medicinal drugs

Recognise what is meant by a 'medicine'.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL7 — Medicinal drugs Drugs, alcohol & tobacco

Identify some substances people might swallow, drink or inhale that could be harmful to their health

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL7 — Medicinal drugs Drugs, alcohol & tobacco

Describe what alcohol is and how alcoholic drinks are different to nonalcoholic drinks.

Not Met

Shallow

Emerging

Developing

Deepening

Functional



Key Stage 3-4 PHSEE

Healthy Lifestyles – Core

HL1 — Elements of a healthy lifestyles

Identify different ways that people can live a healthy lifestyle.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL1 — Elements of a healthy lifestyles

Describe how to take care of dental health (e.g. how to brush teeth correctly/ use floss, food and drink that support dental health and why regular checkups at the dentist are important).

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Mental wellbeing

Recognise what mental health and emotional wellbeing are.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Mental wellbeing

Suggest some simple ways to maintain our emotional wellbeing (e.g. relaxing, being with friends/family, listening to music).

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL3 — Physical activity

Identify our favourite forms of physical activity and exercise.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL3 — Physical activity

Identify some of the benefits of being physically active, and possible consequences of inactivity.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL4 — Healthy eating

Describe our favourite foods and drinks, and give reasons for our choices.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL4 — Healthy eating

Identify foods we can eat all the time which are good for us.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL4 — Healthy eating

Identify foods that should only be eaten occasionally

NCEA Castle School – PHSEE Key Stage 3-4 Assessment Criteria



Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL5 — Body image Describe our thoughts and feelings about how different bodies are portrayed in the media.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL6 — Medicinal drugs Identify the difference between over the counter medicines and those prescribed by a doctor.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL7 — Medicinal drugs Drugs, alcohol & tobacco Identify some common legal drugs (e.g. nicotine and alcohol).					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL7 — Medicinal drugs Drugs, alcohol & tobacco Recognise that there are special rules (laws) around the selling and consumption of nicotine and alcohol, and why they exist.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL7 — Medicinal drugs Drugs, alcohol & tobacco Identify some benefits of not smoking/vaping or drinking alcohol, or of delaying use.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL7 — Medicinal drugs Drugs, alcohol & tobacco Recognise that most young people choose not to smoke/vape, drink alcohol or use drugs.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional



Key Stage 3-4 PHSEE

Healthy Lifestyles – Development

HL1 — Elements of a healthy lifestyles

Explain what a healthy lifestyle means, including the importance of healthy eating, sleep, personal hygiene, dental health, physical exercise and emotional wellbeing.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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HL1 — Elements of a healthy lifestyles

Describe how we may feel if we don't get enough sleep, and strategies for maintaining good sleep patterns.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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HL1 — Elements of a healthy lifestyles

Identify some simple strategies to help make positive choices about our health and wellbeing

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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HL2 — Mental wellbeing

Explain the link between physical health and mental wellbeing.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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HL2 — Mental wellbeing

Recognise when we need help with mental health or emotional wellbeing and whom we can speak to.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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HL2 — Mental wellbeing

Explain why it is important to seek help for ourselves or others if we are worried about unhealthy coping behaviours (e.g. self-harm or disordered eating).

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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HL3 — Physical activity

Describe some of the physical and mental health benefits of regular exercise.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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HL4 — Healthy eating

Explain what we mean by a healthy, balanced diet.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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HL4 — Healthy eating

Explain what makes some foods better for our health than others

NCEA Castle School – PHSEE Key Stage 3-4 Assessment Criteria



Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL5 — Body image Identify some ways in which images of people may be manipulated in the media/social media and therefore not reflect reality.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL5 — Body image Explain why some people might want to change the way they look. Recognise what is meant by body image.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL6 — Medicinal drugs Identify some examples of over the counter medicines.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL6 — Medicinal drugs Describe how medicines, when used responsibly can help us to take care of our health (e.g. painkillers when we have a headache).					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL7 — Medicinal drugs Drugs, alcohol & tobacco Explain that there are special rules (laws) around supplying or possessing illegal substances, and why they exist.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL7 — Medicinal drugs Drugs, alcohol & tobacco Describe some of the risks and possible consequences of drinking alcohol, smoking and other drugs on the body.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL7 — Medicinal drugs Drugs, alcohol & tobacco Identify how misusing substances/alcohol might impact on relationships.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL7 — Medicinal drugs Drugs, alcohol & tobacco Identify when, why and how to ask for help in relation to drugs and alcohol.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional



Key Stage 3-4 PHSEE

Healthy Lifestyles – Enrichment

HL1 — Elements of a healthy lifestyles

Describe strategies for maintaining a healthy lifestyle, including balancing time spent on work, leisure, physical activity, online activities and sleep.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL1 — Elements of a healthy lifestyles

Explain why it is important to have enough sleep.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Mental wellbeing

Describe some healthy coping strategies that can help if we are struggling to maintain our emotional wellbeing.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Mental wellbeing

Describe how we can help friends or family who might be feeling stressed or unhappy.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Mental wellbeing

Identify things that can prevent people from seeking help with mental health issues (e.g. stigma).

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL3 — Physical activity

Explain some of the long term benefits of regular physical activity and exercise.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL3 — Physical activity

Identify and challenge common stereotypes relating to physical activity.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL4 — Healthy eating

Describe some of the long term benefits of a healthy diet.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL4 — Healthy eating

Explain some of the risks of consuming food and drinks with high sugar or caffeine content.

NCEA Castle School – PHSEE Key Stage 3-4 Assessment Criteria



Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL5 — Body image Identify some influences on young people to look a particular way, and the impact of these on emotional wellbeing.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL5 — Body image Explain what is meant by self-esteem					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL5 — Body image Describe some ways we can maintain self-esteem in relation to body image.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL6 — Medicinal drugs Recognise the importance of taking over the counter and prescribed medicines correctly.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL7 — Medicinal drugs Drugs, alcohol & tobacco Explain how drugs/alcohol can affect how people feel, influence their ability to make decisions and can contribute to causing accidents.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL7 — Medicinal drugs Drugs, alcohol & tobacco Describe how pressure to use substances can come from a variety of sources, including people we know					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL7 — Medicinal drugs Drugs, alcohol & tobacco Explain why we might put ourselves under pressure to try substances such as smoking and drinking (e.g. to fit in or not to feel left out).					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL7 — Medicinal drugs Drugs, alcohol & tobacco Describe or demonstrate strategies to resist pressure to smoke, drink alcohol or use illegal drugs					
Not Met	Shallow	Emerging	Developing	Deepening	Functional



Key Stage 3-4 PHSEE

Healthy Lifestyles – Enhancement

HL1 — Elements of a healthy lifestyles

Describe what might affect choices we make about our health, e.g. healthy eating (advertising), physical activity (playing on the computer, restrictions due to health conditions) sleep (worries, stress, social media).

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL1 — Elements of a healthy lifestyles

Describe strategies for managing pressures and influences on healthy lifestyle choices.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Mental wellbeing

Identify reliable sources of advice and support for mental health and emotional wellbeing.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Mental wellbeing

Identify some strategies for challenging stereotypes and stigma relating to mental health.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

L3 — Physical activity

Describe the challenges that can prevent us from exercising, and suggest ways to overcome them.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

L3 — Physical activity

Identify ways of motivating ourselves to take exercise

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL4 — Healthy eating

Explain some of the influences on our food choices and strategies for managing these influences.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL5 — Body image

Identify some of the risks associated with cosmetic/ aesthetic procedures (e.g. piercings, tattoos, tanning)

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL5 — Body image

Explain why advertisers might use manipulated images and how recognising this might influence our responses.

NCEA Castle School – PHSEE Key Stage 3-4 Assessment Criteria



Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL6 — Medicinal drugs Explain that all drugs can have risks to health, even if they are legal or have been prescribed.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL7 — Medicinal drugs Drugs, alcohol & tobacco Explain long term personal and social risks of substance misuse.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL7 — Medicinal drugs Drugs, alcohol & tobacco Describe what is meant by someone having a 'habit', or 'addiction' in terms of substance misuse.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL7 — Medicinal drugs Drugs, alcohol & tobacco Identify reliable sources of support or advice if we are worried about ourselves or someone else in relation to substance misuse.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional