

Sample pages from the 'Target setting sheets'

- Foundation Stage
- Key Stage 1
- Key Stage 2 (Y3+4)
- Key Stage 2 (Y5+6)



Self Assessment in
S.E.A.L.
 Social and Emotional Aspects of Learning

Self-assessment in SEAL: Target setting
 Foundation Stage

My Strengths and targets (Foundation Stage)

Choose one thing that you do well, and one thing that you would like to get better at (your target). Record them below, and say what you will do to get better at your target.

One thing I do well:



One thing I want to get better at:



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Self-assessment in SEAL: Target setting
 Foundation Stage

What I will do to get better:

 A large empty rectangular box intended for the student to write their plan for getting better.



Review:

Have I got better? How?

 A large empty rectangular box intended for the student to write their review of progress.

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Self-assessment in SEAL: Target setting
Key Stage 1

My strengths and targets (KS1)

Name: _____ Date: _____

When you have finished a section of 'All about me', choose one sentence that describes what you do well, and one sentence that describes what you would like to get better at. Fill in the chart below to record your target for getting better, and what you will do to get better. Don't forget to look again and check on your progress!

	How I will know I have achieved my target	What I will do to get better	Review
Knowing myself 1. What I do well already: 2. What I want to get better at:			

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Self-assessment in SEAL: Target setting
Key Stage 1

	How I will know I have achieved my target	What I will do to get better	Review
Understanding other people 1. What I do well already: 2. What I want to get better at:			
Getting on with other people 1. What I do well already: 2. What I want to get better at:			

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Self-assessment in SEAL: Target setting
Key Stage 1

	How I will know I have achieved my target	What I will do to get better	Review
Managing my feelings 1. What I do well already: 2. What I want to get better at:			
Getting the job done 1. What I do well already: 2. What I want to get better at:			



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Self-assessment in SEAL: Target setting
Key Stage 1

	How I will know I have achieved my target	What I will do to get better	Review
Rights and responsibilities 1. What I do well already: 2. What I want to get better at:			

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Self-assessment in SEAL: Target setting
Key Stage 2 (Y3+4)

My strengths and targets (KS2: Y3+4)

Name: _____ Date: _____

When you have finished a section of 'All about me', choose one statement that describes what you do well, and one statement that describes what you would like to get better at. Fill in the chart below to record your target for getting better, and what you will do to get better. Don't forget to look again and check on your progress!

	How I will know I have achieved my target	What I will do to get better	Review
Knowing myself 1. What I do well already: 2. What I want to get better at:			

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Self-assessment in SEAL: Target setting
Key Stage 2 (Y7+8-9)

	How I will know I have achieved my target	What I will do to get better	Review
Understanding other people 1. What I do well already: 2. What I want to get better at:			
Getting on with other people 1. What I do well already: 2. What I want to get better at:			

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Self-assessment in SEAL: Target setting
Key Stage 2 (Y3+4)

	How I will know I have achieved my target	What I will do to get better	Review
Managing my feelings 1. What I do well already: 2. What I want to get better at:			
Getting the job done 1. What I do well already: 2. What I want to get better at:			

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Self-assessment in SEAL: Target setting
Key Stage 2 (Y3+4)

	How I will know I have achieved my target	What I will do to get better	Review
Rights and responsibilities 1. What I do well already: 2. What I want to get better at:			

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Self-assessment in SEAL: Target setting
Key Stage 2 (Y5+6)



My strengths and targets



Record your percentage scores (RTOT the total score - check with your teacher if you are not sure) for each of the 6 quizzes on a bar chart below. Which are your best areas? Which areas do you want to get better at?

When you have completed this profile, complete the sheet called 'My strengths and targets'.

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Self-assessment in SEAL: Target setting
Key Stage 2 (Y5+6)



My strengths and targets



Look back at your responses in each of the 6 quizzes and choose one from each area a) that you already do well and b) that you want to get better at, as your targets. Fill in the chart below to record what you will focus on and what you will do. Don't forget to look again and check where you are...

	What I will do to get better	Current score	Score I would like	By when
My favourite factor 1. What I do well at:				
2. What I want to get better at:				

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Self-assessment in SEAL: Target setting
Key Stage 2 (Y5+6)



My skills profile



My percentage scores	per cent						
	100						
	90						
	80						
	70						
	60						
	50						
	40						
	30						
	20						
10							
0							
	My favourite factor	Is it easy?	How to improve	What reading	Friendliness factor	It's up to me	

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Self-assessment in SEAL: Target setting
Key Stage 2 (Y5+6)

	What I will do to get better	Current score	Score I would like	By when
Is it easy? 1. What I do well at:				
2. What I want to get better at:				
Reading to improve 1. What I do well at:				
2. What I want to get better at:				

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Self-assessment in SEAL: Target setting
Key Stage 2 (Y5+6)

	What I will do to get better	Current score	Score I would like	By when
What reading 1. What I do well at:				
2. What I want to get better at:				
My friendliness factor 1. What I do well at:				
2. What I want to get better at:				

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Self-assessment in SEAL: Target setting
Key Stage 2 (Y5+6)

	What I will do to get better	Current score	Score I would like	By when
It's up to me 1. What I do well at:				
2. What I want to get better at:				

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