



Progression of learning/skills in the area of PSED

Learning	Nursery skills	End of Autumn Term:	End of Spring Term	End of Summer Term	ELG	Essential Learning Skills / Prior to Year 1
<p>Alongside the daily teaching of PSED, we use the Ten Ten resources for formal PSED teaching.</p> <p><b>Self – Regulation</b></p>	<p>Become more outgoing with unfamiliar people, in the safe context of their setting.</p> <p>Can talk about own feelings using words like: happy, sad, angry and worried.</p> <p>Follow basic rules e.g. keeping hands to ourselves and walking inside</p> <p>Talk about our feelings, wants and needs with a familiar adult</p> <p>Follows rules and can understand why they are important.</p>	<ul style="list-style-type: none"> <li>-Understand and follow class rules</li> <li>-Understand why rules are important</li> <li>-Understand what right and wrong choices are</li> <li>-Name and group feelings (similar words for feelings)</li> <li>-Part confidently from parents</li> </ul>	<ul style="list-style-type: none"> <li>-Continue to talk about our own feelings and why we feel that way</li> <li>-</li> <li>Identify how other people are feeling and why they may be feeling that way</li> <li>-Understand that needs may not always be met instantly</li> <li>-Be patient in waiting for things e.g. adult's attention</li> <li>-Use manners when requesting something</li> <li>-Identify the challenges in the classroom and be ambitious in attempting them</li> </ul>	<ul style="list-style-type: none"> <li>-Understand how to share and begin to do this without adult support</li> <li>-Try to solve conflicts without adult support e.g. somebody snatching a toy and resolving without support</li> <li>-Set own goals and work towards them</li> </ul>	<p>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions</p>	<p>Have strategies and ways to manage our own behaviour Understand how to complete a task independently without asking for adult support first Recognise that some people struggle to survive with the amount of money that they have</p>
<p><b>Managing Self</b></p>	<p>Say when we need the toilet and attend to these needs confidently including hand washing</p> <p>Put on and remove some clothing items confidently e.g. coat, jumpers, shoes and socks</p> <p>Tidy up after myself</p> <p>Ask for help when it is needed Feed selves competently</p>	<ul style="list-style-type: none"> <li>-With encouragement, try new activities and experiences set up indoors and outdoors</li> <li>-Understand and follow class rules most of the time</li> <li>-Say when we need the toilet and attend to this need mostly independently</li> <li>-Wash own hands with some encouragement/support</li> <li>-Feed selves using knife, fork and spoon</li> <li>-Put on coats, hats, scarves, shoes and socks independently</li> <li>-Understand what exercise is and begin to understand why it is important</li> <li>-Begin to understand what a healthy food choice is</li> <li>-Understand that some foods are not healthy and we should eat them in moderation</li> <li>-Begin to learn about ways in which we can lead a healthy lifestyle</li> </ul>	<p>Know and talk about some people who help to keep us safe and healthy e.g. doctors, police officers, teachers etc.</p> <ul style="list-style-type: none"> <li>-Identify the challenges in the classroom and be ambitious in attempting them</li> <li>-Keep trying even when things get difficult, not automatically asking an adult for help e.g. connecting two cubes together etc</li> <li>-With less encouragement, try new activities and experiences set up indoors and outdoors</li> <li>-Understand and follow class rules with less encouragement/reminders</li> <li>-Attend to toileting needs independently, remembering how to wash hands correctly</li> <li>-Begin to use a knife to cut up own food</li> <li>-Learn to zip up coat independently</li> <li>- Have an understanding of how to keep safe online</li> </ul>	<ul style="list-style-type: none"> <li>-Understand what right and wrong choices are and endeavour to make the right choice</li> <li>-Understand class rules and consistently follow them, understanding why we need to do so</li> <li>-Use a knife, fork and spoon competently</li> <li>-Know and talk about ways in which we can lead a healthy lifestyle: balanced diet, regular exercise, little screen time, good sleep, good oral hygiene and road safety</li> <li>-Demonstrate a healthy lifestyle</li> <li>-Know some healthy foods that grow</li> </ul>	<p>ELG Be confident to try new activities and show independence, resilience and perseverance in the face of challenge Explain the reasons for rules, know right from wrong and try to behave accordingly Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices</p>	<p>Know how we keep our body healthy and ourselves safe Understand how to carry out simple hygiene routines Talk about our feelings, regulate them and to understand how our actions make others feel</p>

	<p>using spoon, fork and beginning to use a knife</p> <p>Select and use activities and resources independently, sometimes with some encouragement</p>					
<b>Building Relationships</b>	<p>Play with one or more other children</p> <p>Show confidence in speaking to other children about needs, wants, interests and opinions</p> <p>Show confidence in speaking to other adults about needs, wants, interests and opinions</p> <p>Can share and take turns in a group.</p>	<p>-Talk about people who are special to us and say why</p> <p>-Talk about special people in our community and why they are special</p> <p>-Talk about the people in our family and what we like to do with them</p> <p>-Build new friendships in school, having a few friends who we play with</p> <p>-Confidently communicate with some familiar children, engaging in play and responding to each other</p> <p>-Confidently communicate with familiar adults in the class</p>	<p>-Build on friendships, maybe starting to play with different children</p> <p>-Continue to communicate confidently with friends and adults</p> <p>-Work collaboratively as a team to complete a task e.g. building something large outdoors</p>	<p>-Take part in turn taking games e.g. board games</p> <p>-Understand what it means to be a good friend (RE link) and demonstrate this</p> <p>-Demonstrate positive relations with others in the class -</p> <p>Talk about the friendships that we have</p> <p>-Talk about the different groups that we are a part of. Similarities and differences between us</p>	<p>ELG Work and play cooperatively and take turns with others</p> <p>Form positive attachments to adults and friendships with peers</p> <p>Show sensitivity to their own and to others' needs</p>	<p>Explore diversity within ourselves and others, comparing similarities and differences</p> <p>Groups that we belong to and our relationship within them e.g. family and friendship groups</p>