



Personal, Social and Emotional Development Progression Document

Our Curriculum Goal: To become a **FANTASTIC FRIEND** who is a confident learner and cares for others.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	ELG
Concepts	<ul style="list-style-type: none"> Community Rules and routines Right choices Social skills 	<ul style="list-style-type: none"> Solving problems Being special Bullying Friendships 	<ul style="list-style-type: none"> Overcoming challenge Dreams and goals Confidence Teamwork Helping others 	<ul style="list-style-type: none"> Safety Healthy eating Sleep Hygiene Exercise 	<ul style="list-style-type: none"> Respect Right and wrong Solving friendship problems Bullying 	<ul style="list-style-type: none"> Celebrating achievements Change Growing up Helping 	Self-regulation <ul style="list-style-type: none"> 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
Skills	Self-regulation <ul style="list-style-type: none"> Understanding of self-regulation Managing self <ul style="list-style-type: none"> Understanding communities Following rules and routines Listening Making the right choices Building relationships <ul style="list-style-type: none"> Using social skills such as sharing, turn taking, showing empathy and consideration Showing respect and readiness 	Self-regulation <ul style="list-style-type: none"> Pride Solving problems Managing self <ul style="list-style-type: none"> How we are special Kind words Building relationships <ul style="list-style-type: none"> Differences Including others Bullying Making new friends 	Self-regulation <ul style="list-style-type: none"> Overcoming challenges Motivation Positive attitude Achieving our dreams and goals Setting goals Managing self <ul style="list-style-type: none"> Developing confidence Not giving up Building relationships <ul style="list-style-type: none"> Understanding other people's needs Teamwork Helping others 	Self-regulation <ul style="list-style-type: none"> Keeping safe Managing self <ul style="list-style-type: none"> Healthy eating Balanced diet Sleep Keeping clean Hygiene Importance of exercise Building relationships <ul style="list-style-type: none"> Being a good friend Healthy friendships 	Self-regulation <ul style="list-style-type: none"> Showing respect Managing self <ul style="list-style-type: none"> Right and wrong Building relationships <ul style="list-style-type: none"> Making friends Solving friendship problems Helping others to feel part of a group Bullying Helping others if they are upset Good relationships 	Self-regulation <ul style="list-style-type: none"> Understanding that everyone is unique and special Fears Celebrating achievements Managing self <ul style="list-style-type: none"> Coping with change Growing up Changes in my body Asking for help Building relationships <ul style="list-style-type: none"> Changes in others 	

	<ul style="list-style-type: none"> Developing and maintaining relationships 						<p>involving several ideas or actions.</p> <p>Managing self</p> <ul style="list-style-type: none"> 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>Building relationships</p> <ul style="list-style-type: none"> Work and play cooperatively and take turns with others; Form positive attachments to adults and friendships with peers; Show sensitivity to their own and to others' needs.
<p>Knowledge</p>	<ul style="list-style-type: none"> Knowing their sense of self. Know and understand that people are different. Know that actions can be used in a kind or unkind way. Knowing what the right choices are. Knowing everyone has a right to learn and play safely and happily. Know what feelings are. Know what to do to help others feel welcome. Know how to make our school community a better place. 	<ul style="list-style-type: none"> Know what being proud means and that people can be good/proud of different things. Families can be similar and different. People have different homes. There are different ways to make friends. Know different ways to stand up for themselves. Know that there are different emotions e.g. happy, sad, frightened, angry. Know some qualities of a positive friendships. It is important to include others when we are working and playing. Know what bullying is and how to help if someone is being bullied. 	<ul style="list-style-type: none"> Know what a challenge is and that challenges can sometimes be difficult. It is important to keep trying. Know what a goal is, how to set goals and work towards them. It is important to use kind words. Know some jobs that they might like to do when they are older. It is important to work hard in order to be able to achieve the job they want when they are older. Know when they have achieved a goal. 	<ul style="list-style-type: none"> Know the names for some parts of the body. Know what the word healthy means. Some foods are healthy and some foods are unhealthy. Healthy foods can make you feel good. Know some things that they need to do to keep healthy. Exercise is important to keep healthy. Know how to help themselves go to sleep and that sleep is good for them. Know when and how to wash their hands properly. Know why it is important to wash our bodies and brush our teeth. Know what to do if they get lost. You can say no to strangers. 	<ul style="list-style-type: none"> Know what a family is. Different people in a family have different responsibilities. Know some of the characteristics of healthy and safe friendships. Friends sometimes fall out but you can mend a friendship. Unkind words can never be taken back and they can hurt. Know coping strategies to help when feeling angry. Know some reasons why others get angry. Know what makes a good relationship. 	<ul style="list-style-type: none"> Know the names and functions of some parts of the body. We grow from a baby to an adult. Know some changes that happen to our bodies as we grow up. Know who to talk to if they are feeling worried. Sharing how you feel can help solve a worry. Remembering that happy times can help us move on. 	