



PSED Progression of skills and Knowledge

Nursery and Pre-school	Reception	Year One
<p style="text-align: center;">Self-Regulation:</p> <p><u>I am learning.....</u> That I have different emotions. To separate from main carer. That my actions and words can sometimes affect others. To behave appropriately within boundaries. To wait for my turn. To shift attention from one thing to another. To follow a 2 part instruction.</p> <p style="text-align: center;">Managing Self:</p> <p><u>I am learning.....</u> To try new things with support. To persevere with support. To follow the rules with support. To behave appropriately within boundaries. To put on and take off some items of clothing. To recognise when I need to go to the toilet. To wash and dry my hands with support. To recognise what is healthy and unhealthy.</p> <p style="text-align: center;">Building Relationships:</p> <p><u>I am learning.....</u> Join in with others during my play. To choose who I play with. To invite other children to play with me. To respond appropriately to others in my play. To talk to others in my play. To talk with confidence to new adults and children. To share and take turns with support. To be aware of others' needs and wishes.</p>	<p style="text-align: center;">Self-Regulation:</p> <p><u>I am learning.....</u> To talk about my own and others' feelings. To talk about how my actions can affect others. To talk about my own and others' behaviour and how this can affect others. To follow the rules. To change my behaviour to suit the situation. To accept changes in routine. To attend to more than one thing at a time. To follow instructions involving several ideas</p> <p>Knowledge- I know.....</p> <ul style="list-style-type: none"> • What emotions look like in others. • My own and others behaviour has consequences. • Sometimes I have to wait for what I want. <p style="text-align: center;">Managing Self:</p> <p><u>I am learning.....</u> To do things without help. To tackle a challenge. To persist. To try different ways to do things. To take risks. To be resilient. To talk about the reasons for rules. To talk about what is right and wrong. To follow the rules independently. To manage my own personal hygiene needs. To dress and undress independently. To talk about why making healthy food choices is important.</p> <p>Knowledge- I know..... The rules to help me keep safe. The difference between right and wrong.</p>	<p style="text-align: center;"><u>I am learning....</u></p> <p>To feel special and safe. Be part of a class. About rights and responsibilities. About rewards and feeling proud. Consequences. Similarities and differences. To understand bullying and knowing how to deal with it. To make new friends. To celebrate the differences in everyone. Setting goals. To Identify successes and achievements. About learning styles. To work well and celebrate achievement with a partner. To tackle new challenges. To identify and overcome obstacles. About the feeling of success. To keep myself healthy. About healthier lifestyle choices. How to Keep clean. About being safe. About medicine safety/safety with household items. About road safety. To link health and happiness. About belonging to a family. About making friends/being a good friend. About physical contact preferences. About people who help us. About the qualities as a friend and person. About self-acknowledgement. About being a good friend to myself. To celebrate special relationships. About life cycles – animal and human. Changes in me. About changes since being a baby.</p>



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What is fair and unfair.
Different situations require different behaviours.
There are consequences for my actions.
Which foods are healthy, and which are unhealthy.
How to keep myself safe.
How to wash my hands to protect myself and others from germs.
The sequence of dressing and undressing.

Building Relationships:

I am learning.....

To listen to what others say.
To find ways to resolve conflicts.
To play co-operatively.
To share and take turns.
To take account of and include other people's ideas.
To think about how other people feel when I make decisions and choices.

Knowledge- I know.....

- How to share and take turns.
- What makes a good friend.
- We are all unique.
- The characteristics of bullying.

The Differences between female and male bodies (correct terminology) Linking growing and learning.
To cope with change.
About transition.