

EYFS Personal, Social and Emotional Development Progression - Self-Confidence and Self-Awareness, Managing Feelings and Behaviour and Making Relationships

Area / subject	Skills & Knowledge	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSED Building Relationships Managing Self Self Regulation	Pre School N1 2 -3yrs	<p>I will know how to find ways of managing transitions, for example from their parent to their key person.</p> <p>I will know how to start being independent. This may lead to frustration.</p> <p>I will know how to begin learning about the class rules: for example 'kind hands',</p>	<p>I will know how to begin expressing preferences and decisions.</p> <p>I will know how to try new things and start establishing their autonomy.</p> <p>I will know how to start to feel confident when meeting new adults</p> <p>I will know how to</p>	<p>I will know how to develop play with other children</p> <p>I will know how to begin to show 'effortful control' e.g waiting for a turn</p> <p>I will know how to recognise that some actions can hurt or harm others and begin to stop myself from doing something I should not do.</p>	<p>I will know how to notice differences, such as skin colour, types of hair, gender, special needs and disabilities, and so on.</p> <p>I will know hoe to safely explore emotions beyond my normal range through play and stories.</p> <p>I will know how to be increasingly able to talk about</p>	<p>I will know how to talk about my feelings in more elaborated ways: "I'm sad because..." or "I love it when ...".</p> <p>I will know how to develop independence and will try to do things by myself</p> <p>I will know how to isay no to help- but will sometimes be upset when</p>	<p>I will know how to play with increasing confidence on my own and with other children.</p> <p>I will know how to feels strong enough to express a range of emotions.</p> <p>I will know how to show 'effortful control'. For example, waiting for a turn and resisting the strong</p>

		<p>'walking feet'.</p> <p>I will know how to notice differences, such as skin colour, types of hair, gender</p> <p>I will know how to engage with others through gestures, gaze and talk and use to achieve a goal e.g. point to a cup to say I want a drink.</p>	<p>play with increasing confidence on my own and with other children</p> <p>I will know how to feel strong enough to express a range of emotions.</p> <p>I will know how to find ways to calm myself, through being comforted and calmed by adults in the classroom.</p>	<p>I will know how to establish their sense of self.</p> <p>I will know how to earn to use the toilet with help and then independently.</p>	<p>and manage their emotions.</p> <p>I will know how to show a sense of autonomy through asserting my ideas and preferences and making choices and decisions.</p>	<p>unsuccessful.</p> <p>I will know hoe to thrive as I develop self assurance.</p>	<p>impulse to grab what I want or push my way to the front (starting to show effortful control – and be aware of rules/boundaries)</p>
	<p>Pre School N2 3 – 4yrs</p>	<p>I will know how to play with increasing confidence on my own and with other children</p> <p>I will know how to show 'effortful control'. For example, waiting for a turn</p>	<p>I will know how to talk about and manage my emotions</p> <p>I will know how to develop friendships with other children</p> <p>I will know how to</p>	<p>I will know hoe to select and use activities and resources, with help when needed.</p> <p>I will know how to develop my sense of responsibility and membership of a community.</p>	<p>I will know how to follow rules, understanding why they are important.</p> <p>I will know how to remember rules without needing an adult to remind them.</p>	<p>I will know how to play in a group with friends, and make up ideas of things to do and games to play</p> <p>I will know how to manage feelings and talk about emotions</p>	<p>I will know how to be responsible and be confident to be part of my community</p> <p>I will know how to be ready for new experiences like starting school</p>

		<p>I will know how to show more confidence in new social situations.</p> <p>I will know how to talk about my feelings using words like 'happy', 'sad', 'angry' or 'worried'.</p>	<p>safely explore emotions beyond my normal range through play and stories.</p>	<p>I will know hoe to become more outgoing with unfamiliar people, in the safe context of my setting.</p> <p>I will know how to play with one or more children, extending and elaborating my play ideas.</p>	<p>I will know how to talk with others to solve conflicts.</p> <p>I will know how to understand how others might be feeling.</p> <p>I will know how to be increasingly independent in meeting my own care needs e.g. using the toilet and washing hands.</p>	<p>I will know how to understand how others might be feeling</p> <p>I will know how to make healthy choices about food, drink, activity and toothbrushing.</p>	<p>I will know how to develop appropriate ways of being assertive.</p> <p>I will know hoe to be able to follow rules and know why they are important</p> <p>I will know how to begin to find solutions to quarrels and rivalries</p> <p>I will know how to be able to follow the rules without an adult reminding me</p>
	<p>Pre School</p> <p>N2 3 – 4yrs</p>	<p>I will know how to play with increasing confidence on my own and with other children</p>	<p>I will know how to be increasingly able to talk about and manage my emotions</p> <p>I will know how to</p>	<p>I will know how to select and use activities and resources, with help when needed.</p> <p>I will know how to</p>	<p>I will know how to to follow rules, understanding why they are important.</p> <p>I will know hoe to remember rules</p>	<p>I will know how to play in a group with friends, and make up ideas of things to do and games to play</p>	<p>I will know bow to be responsible and be confident to be part of my community</p> <p>I will know how to</p>

		<p>I will know how to show 'effortful control'. For example, waiting for a turn</p> <p>I will know how to show more confidence in new social situations.</p> <p>I will know how to talk about my feelings using words like 'happy', 'sad', 'angry' or 'worried'.</p>	<p>develop friendships with other children</p> <p>I will know hoe to safely explore emotions beyond my normal range through play and stories.</p>	<p>develop my sense of responsibility and membership of a community.</p> <p>I will know hoe to become more outgoing with unfamiliar people, in the safe context of my setting.</p> <p>I will know how to play with one or more children, extending and elaborating play ideas.</p>	<p>without needing an adult to remind them.</p> <p>I will know how to talk with others to solve conflicts.</p> <p>I will know how to understand how others might be feeling.</p> <p>I will know how to be increasingly independent in meeting my own care needs e.g. using the toilet and washing hands.</p>	<p>I will know how to begin to manage feelings and talk about emotions</p> <p>I will know how to understand how others might be feeling</p> <p>I will know how to make healthy choices about food, drink, activity and toothbrushing.</p>	<p>be ready for new experiences like starting school</p> <p>I will know how to develop appropriate ways of being assertive.</p> <p>I will know how to follow rules and know why they are important</p> <p>I will know how to find solutions to quarrels and rivalries</p> <p>I will know how to follow the rules without an adult reminding me</p>
	<p>Reception skills</p>	<p>I will know how to describe a friend. (Au1) To know and demonstrate friendly behaviour.</p>	<p>I will know about a range of different festivals. (Au2)</p> <p>I will know about important dates in</p>	<p>I will know right from wrong. (Sp1)</p> <p>I will know how to make the right choices and the</p>	<p>I will know that people need help. (Sp2)</p> <p>I will know how to identify ways of</p>	<p>I will know how to describe a range of different animals and their needs from around the</p>	<p>I will know about the different family structures. (Su2)</p>

		<p>(Au1)</p> <p>I will know how to be a good friend. (Au1)</p> <p>I will know how to join in with whole group activities. (Au1)</p> <p>I will know how to choose an activity independently. (Aut 1)</p>	<p>their lives. (Au2)</p>	<p>consequences of not making the right ones. (Sp1)</p>	<p>being helpful to others and how this will make them feel. (Sp2)</p>	<p>world. (Su1)</p>	
	<p>Reception Knowledge</p>	<p>I will know how to describe and show friendly behaviour. (Au1)</p> <p>I will know how to take turns with my friends. (Au1)</p>	<p>I will know how to talk about different festivals. (Au2)</p> <p>I will know why different people celebrate different things. (Au2)</p>	<p>I will know how to talk about why a character has made a poor choice and what the consequences are. (Sp1)</p> <p>I will know how to talk about how the character could have made a better choice. (Sp1)</p>	<p>I will know how to talk about the effect my behaviour has on others. (Sp2)</p>	<p>I will know how to talk about the world that we live in and how there are similarities and differences when looking at different aspects. (Su1)</p>	<p>I will know how to talk about the relationships I have at home with my family and friends. (Su2)</p>