



Personal, Social and Emotional Development Knowledge and Skills Progression in Reception

	Pre – Reception Baselines At age 3-4	Autumn Term	Spring Term	Summer Term
Self-Regulation (*PSHE)	<p>Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested of them.</p> <p>Develop their sense of responsibility and membership of the community.</p> <p>Become more outgoing with unfamiliar people, in the safe context of their setting.</p> <p>Show more confidence in new social situations.</p> <p>Play with one or more other children, extending and elaborating play ideas.</p>	<p>Express their feelings and consider the feelings of others</p> <p>Identify their own feelings</p> <p>Develop turn-taking skills</p> <p>Develop appropriate ways to be assertive and solve conflicts.</p> <p>Can focus attention during short whole class activities</p> <p>Follow one step instructions</p>	<p>Identify and moderate their own feelings socially and emotionally.</p> <p>Think about the perspectives of others.</p> <p>Can focus attention in a whole class group for a teaching session</p> <p>Follow instructions of multiple steps</p>	<p>Completes set challenges/tasks independently.</p> <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> <p><u>ELG Self-Regulation</u></p> <p>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</p> <p>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</p> </div>
Managing Self (*Science, PSHE, PE)	<p>Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider man in the game, and suggesting other ideas.</p> <p>Increasingly follow rules, understanding why they are important.</p> <p>Remember rules without needing an adult to remind them.</p>	<p>Access, use and tidy resources independently</p> <p>Learn and remember class rules without needing an adult to remind them.</p> <p>Makes independent choices and is confident to try new things although prefers to choose activities that are within their capability.</p> <p>Washes hands without reminders.</p>	<p>Show resilience and perseverance in the face of challenge.</p> <p>Know and talk about how to be a safe pedestrian</p> <p>Follows school and class rules and can talk about their importance.</p> <p>Develop independence when dressing and undressing for PE.</p>	<p>Manage their own needs independently-personal hygiene.</p> <p>Know and talk about how the different factors that support their overall health and wellbeing – regular physical exercise, having a good sleep, sensible amount of screen time, toothbrushing, healthy eating, being a safe pedestrian</p> <p>Demonstrate a ‘can do’ attitude</p>



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Building Relationships (*PSHE, PE, RE)	<p>Develop appropriate ways of being assertive.</p> <p>Talk with others to solve conflicts.</p> <p>Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.</p> <p>Understand gradually how others might be feeling.</p>			<p><u>ELG Managing Self</u></p> <p>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</p> <p>Explain the reasons for rules, know right from wrong and try to behave accordingly.</p> <p>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p>
	<p>See themselves as a valuable individual.</p> <p>Talk about things they think they are good at or are proud of.</p> <p>Seek support from an adult and gain confidence to speak to peers</p> <p>Begin to make friendships</p>	<p>Express their feelings and consider the feelings of others.</p> <p>Work and play cooperatively and take turns with others.</p>	<p>Build constructive and respectful relationships.</p> <p>Develop the confidence to communicate with adults around the school</p>	<p><u>ELG Building Relationships</u></p> <p>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>

**National Curriculum subjects matched to the areas of learning in the EYFS (laying the foundations)*



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