



Knowledge and Skills Progression – Personal, Social and Emotional Development



	Nursery	Reception
<u>Spoken Language</u> - Listening and responding	Listen to others when one to one or in a small group, and start and continue a conversation with a friend.	Listen carefully in a range of situations and is aware of the importance of listening.
<u>Humankind</u> - Setting goals	Asking for help when needed supports them to achieve a goal that they have chosen, or one which is suggested to them. Shows confidence in a variety of situations and is able to select and use activities and resources, with help when needed.	Everybody is an individual and has things that they can do well and things that they need to get better at. Talk about what they are good at and what they want to get better at and show resilience and perseverance in the face of challenge.
Unacceptable behaviour	Know that some actions and words can hurt others. Be aware of their own feelings and actions and is developing appropriate ways of being assertive. Beginning to follow rules and understand the need for them.	Things that they do or say can upset and hurt others. It is unacceptable to hurt someone and, if they do, they need to find a way to make things better. Think about the perspectives of others and understand that their own actions can affect other people and begin to act to make amends.
Healthy lifestyle	<p>Washing their hands after going to the toilet and before eating helps people to stay healthy. Wash and dry hands after going to the toilet and before eating.</p> <p>Wearing sunscreen, a hat and sunglasses can protect the skin and eyes from sun damage. Begin to talk about why it is important to wear a hat and sunscreen on sunny days.</p> <p>Fruit and vegetables are healthy foods and milk and water are healthy drinks. Make healthy choices of food and drink.</p>	<p>Washing and drying their hands, especially after using the toilet and before eating, helps stop the spread of harmful germs. Wash and dry hands regularly and say why this is important.</p> <p>Wearing sunscreen, a hat and sunglasses can protect the skin and eyes from sun damage. Talk about why it is important to stay safe in the sun.</p> <p>Healthy lifestyle choices include eating fruit and vegetables, drinking water, limiting sugary snacks, regular exercise, a good sleep routine, sensible amounts of screen time and good hygiene. Talk about what constitutes a healthy lifestyle.</p>
Staying safe	<p>It is important to listen to adults and follow simple rules and procedures when using equipment and tools. Show an understanding that tools and equipment need to be used safely and collaborate with others when moving large equipment.</p> <p>It is important to listen to adults and follow simple rules to stay safe. Follow simple rules with the help of an adult.</p> <p>Know that appropriate adults are there to help them to stay safe. Be able to tell adults if they feel uncomfortable about a situation.</p>	<p>Rules keep us safe when using equipment. Safety rules include always listening carefully and following simple instructions, using equipment only for the tasks they are designed for and washing hands before touching food. Follow rules and instructions to keep safe.</p> <p>Rules help to keep us safe in different environments and when using certain equipment. Follow instructions when in different environments and when handling simple equipment, such as scissors.</p> <p>Private means something that doesn't need to be told or shown to anyone else. Know that there are things that they don't need to tell or show anyone else.</p>

Well-being	Become more outgoing with unfamiliar people, in the safe context of their setting and are able to tell adults when something makes them sad, scared or worried.	Some everyday items can cause harm if not used properly. It is important to listen to adults and follow rules to keep them safe. It is important to tell a trusted adult if they are hurt or feel sad, scared or worried. Consider and manage some risks without direct adult supervision and is able to follow routines and structure with increasing independence.
Personal hygiene	It is important to wash your hands throughout the day, including before eating and after going to the toilet. Teeth brushing twice daily is important to keep teeth clean and healthy. Be increasingly independent in meeting their own care needs, including dressing themselves, brushing teeth, using the toilet, washing and drying their hands and using a knife and fork.	Brushing teeth twice daily and avoiding sugary drinks and snacks help keeps teeth healthy. Look after basic hygiene and personal needs and talks about the importance of good oral health.
<u>Creativity</u> Vocabulary	People can show their emotions by the way that they look and act. People's faces can show how they are feeling, such as smiling when happy and crying when sad. Be aware of their feelings and be able to indicate how they are feeling using some words and pictures.	Some feelings make them feel good and some not so good. It is important to be able to indicate feelings. Select vocabulary and pictures to express their feelings and consider the feelings of others.
Speaking, listening and sharing	Other children might want to play the same game or use the same resources. It is important to be friendly and share with others. Demonstrate friendly behaviour towards others and play with one or more other children, extending and elaborating play ideas.	It is important to share resources and take turns in order to get on with others. Play cooperatively with others and take turns.
<u>Investigation</u> Issues, evidence and ideas	Know that they can use words as well as actions to help solve problems, and be aware when they need to ask for help. Help to find solutions to conflicts and rivalries with increasing independence and is beginning to express a point of view when they disagree with an adult or a friend, using words as well as actions.	Know who to ask for help when they need it. Identify and moderate their feelings socially and emotionally and ask for help when they need it.
<u>Materials</u> Consumers	Recognise that they are part of a larger group and that they must sometimes wait to take part in activities and use equipment. Household products are not toys and should only be used by adults. Show an understanding of which household products should only be used by adults.	Understand that they must wait for their turn to use equipment or take part in activities. Some household products need to be kept out of reach or only used by adults, as they can be harmful if not used properly. Understand that some household products, including medicines, are not to be played with, as they can be harmful when not used properly.
<u>Nature</u> Nutrition	Some foods are healthy. These include fruits, vegetables, nuts and seeds. Help to prepare a range of healthy snacks.	There are healthy and unhealthy foods. Fruit and vegetables are an important part of a healthy diet. Suggest healthy ingredients that can be used to make simple snacks.
Rights of others	Begin to show an understanding of the things people need to be happy and healthy.	People are entitled to food, water, a place to live and to feel safe. Be aware that people and other living things are entitled to the things that they need to survive and feel safe.
<u>Place and space</u> Diversity	People have different needs, interests and opinions. Talk about their own interests, needs and opinions.	Everyone is different and special. There might be things that make them similar to or different from others, including their appearance or things that they like to do. See themselves as a valuable individual and describe themselves in positive terms, talking about their abilities and interests.
<u>Significance</u> Significant people	There are lots of special people in their lives, including family and friends. Make comments about people who are special to them.	Special people include anyone important in a person's life. It could be parents, grandparents, brothers, sisters, friends or teachers. Build constructive and respectful relationships and talk about the special people in their lives and why they are important.

Relationships	There are different adults in their lives. A trusted adult makes them feel happy and safe. Identify people who make them feel happy and safe, such as parents or carers.	Trusted adults include parents, carers, friends, family and other people who help us. Name and describe the trusted adults in their lives.
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