Personal, Social and Emotional Progression of Skills					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Self-Regulation Children will begin to follow different instructions set throughout the day. Children will begin to talk about different feelings using books such as 'The Colour Monster' **Managing Self** Children will begin to talk about the school values, 'We Care, We Believe, We Succeed, Together', and the school's 'Golden Rules'.	**Self-Regulation** Children will begin to follow routines and expectations. Children will know the main feelings, sad, happy, angry and calm. **Managing Self** Children will know the school values, 'We Care, We Believe, We Succeed, Together'. Children will be aware of the school's 'Golden Rules'.	**Self-Regulation** Children will know how to make the right/safe choice and the consequences of not doing so. Children will begin to understand the 4 colours of the 'Zones of Regulation' and the emotions attached. **Managing Self** Children will know how regular teeth brushing is important for their health. Children will be able to talk about what is safe to go onto and into our bodies.	**Self-Regulation** Children will begin to understand the effects of their behaviour on others. Children will begin to understand a range of emotions and be able to identify them using the zones of regulation. **Managing Self** Children will know what a sensible amount of screen time is and why this is important for their health. **Building Relationships**	**Self-Regulation** Children will know to use calming techniques when they are feeling upset/angry. Children will know what resilience and self-esteem are and begin to the show them in the face of challenge. **Managing Self** Children will know about the importance of a good sleep routine for their health. Children will know about healthy and unhealthy foods.	**Self-Regulation** Children will use the calm corner and its resources to get back to the 'green zone', to support keeping their emotions regulated. Children will be able to express and talk about their feelings and feelings of others, showing empathy. Children will be able to **Managing Self** Children will know how to overcome challenges.

Children will develop self-care skills like hand washing, toileting, putting coat on, wiping nose. **Building Relationships** Children will know what makes them and others special including people in their family. Children will be able to identify different 'people who help us'.	Children will be able to talk about what makes them unique. **Building Relationships** Children will begin to show respect through listening and following school rules. Children will be able to talk about how to be kind and caring. Children will be able to talk about the similarities and differences between their families and others.	Children will be able to talk about to keep themselves safe in different situations, including online. Children will be able to put their coat on independently. **Building Relationships** Children will know how to treat others in our class and begin to understand 'safe play'. Children will be able to identify which adults in their life they can trust and can keep them safe.	Children will be able to describe what makes a good friend; such as listening and sharing. Children will know how to show care for others and their environment. Children will begin to solve friendship challenges with support and advice from an adult.	Children will know how to look after their teeth and the importance of this. Children will know about the importance of a healthy mind and body. **Building Relationships** Children will know how to express their opinion and understand it is okay to have a different opinion to their friends. Children will have formed positive relationships, play co-operatively and be able to share.	Children will be able to explain the rules and why they are there, keeping themselves safe. Children will begin to understand about their bodies and how to keep themselves healthy. **Building Relationships** Children will know how to resolve a problem by talking it through with a friend or adult. Children will know what respect is and how to show this to peers, adults and their environment.

Personal, Social and Emotional Progression of Knowledge		
Autumn	**Spring**	**Summer**
Children know… • What emotions look like in others • How to share and take turns • We are all unique • The rules to help me keep safe • There are consequences for my actions • How to wash my hands to protect myself and others from germs	Children know… • My own and others behaviour has consequences • Sometimes I have to wait for what I want • What makes a good friend • The difference between right and wrong • Which foods are healthy and which are unhealthy	Children know… • The characteristics of bullying • What is fair and unfair • Different situations require different behaviours • How to keep myself safe • The sequence of dressing and undressing
Language	fair unfair share care similar different same consequence helpful rules kind gentle belonging agreement disagreement conflict responsibility decision view opinion mediate compromise discuss negotiate compliment emotion words flexible generous spiteful bully positive take turns unique personality proud characteristics successful challenge friend foe enemy like dislike behaviour risk resolution point of view hygienic unhealthy healthy goal persevere resilient confident germs	
Self-Regulation: 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. **Managing Self:** 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. **Building Relationships:** 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.		