



Personal, Social and Emotional Development Skills Progression Checkpoints

PSED Checkpoints						
Nursery 1 (Birth-Three)	Term 1 Autumn 1	Term 2 Autumn 2	Term 3 Spring 1	Term 4 Spring 2	Term 5 Summer 1	Term 6 Summer 2
	<p>Establish their sense of self.</p> <p>Find ways to calm themselves, through being calmed and comforted by an adult.</p> <p>Engage with others through gesture, gaze and talk.</p>	<p>Use engagement to achieve a goal.</p> <p>Play with increasing confidence on their own and with other children.</p> <p>Begin to show effortful control.</p>	<p>Express preferences and decisions. Try new things and establish their autonomy.</p> <p>Find ways of managing transitions.</p> <p>Feel strong enough to show a range of emotions.</p> <p>Grow in independence, rejecting help.</p>	<p>Feel confident when taken out to new environments and enjoy exploring new places.</p> <p>Be increasingly able to talk about and manage their emotions.</p> <p>Develop friendships with other children.</p> <p>Learn to use the toilet with help.</p>	<p>Thrive as they develop self-assurance.</p> <p>Safely explore emotions beyond their normal range through play and stories.</p> <p>Learn to use the toilet independently.</p>	<p>Notice and ask questions about differences, such as skin colour, types of hair, gender, special needs etc.</p> <p>Talk about their feelings in more elaborate ways "I'm sad because..." or "I love it when..."</p>

PSED Checkpoints						
Nursery 2 (Three & Four Year Olds)	Term 1 Autumn 1	Term 2 Autumn 2	Term 3 Spring 1	Term 4 Spring 2	Term 5 Summer 1	Term 6 Summer 2
	<p>Select and use activities and resources, with help when needed.</p>	<p>Become more outgoing with unfamiliar people, in the safe context of their setting.</p> <p>Play with one or more other children.</p>	<p>Play with one or more other children, extending and elaborating play ideas.</p> <p>Show confidence in new social situations.</p>	<p>Develop their sense of responsibility and membership of a community.</p> <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>Make healthy choices about food, drink, activity and tooth brushing.</p>

		Increasingly follow rules, understanding why they are important.	Find solutions to conflicts and rivalries.	Be increasingly independent in meeting their own care needs e.g brushing teeth, using the toilet, washing and drying hands thoroughly.		
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	PSED Checkpoints					
Reception	Term 1 Autumn 1	Term 2 Autumn 2	Term 3 Spring 1	Term 4 Spring 2	Term 5 Summer 1	Term 6 Summer 2
	See themselves as a valuable individual. Manage their own personal hygiene needs.	Build constructive and respectful relationships. Manage own needs. Form positive attachments to adults and friendships with peers.	Show resilience and perseverance in the face of challenge. Identify and moderate own feelings socially and emotionally. Think about the perspective of others.	Work and play cooperatively and take turns with others. Express their feelings and consider the feelings of others,	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 to follow instructions involving several ideas or actions.	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. Know and talk about different factors that support overall health and well-being. Show sensitivity to their own and to others' needs.

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