



### Progression of Skills- PSED (EYFS)

This is to be used alongside the Jigsaw scheme of work

Skills	Nursery Autumn	Nursery Spring	Nursery Summer	Reception Autumn	Reception Spring	Reception Summer
<b>Personal, Social &amp; Emotional Development</b>	<p>Children will:</p> <p>Express preferences and decisions</p> <p>Engage with others through gestures and talk, and use this 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' e.g. waiting for a turn and resisting the urge to grab what they want</p> <p>Notice and ask questions about differences</p> <p>Talk about their feelings in more elaborated ways e.g. I'm sad because.....</p>	<p>Children will:</p> <p>Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'</p> <p>Begin to understand how others might be feeling</p> <p>Select and use activities and resources, with help if needed</p> <p>Increasingly follow rules and understand why they are important</p> <p>Not always need an adult to remind them of a rule</p> <p>Become more outgoing with unfamiliar people in the safe context or setting</p> <p>Show more confidence in new social situations</p>	<p>Children will:</p> <p>Develop appropriate ways of being assertive</p> <p>Talk with others to solve conflicts</p> <p>Help to find solutions to conflicts and rivalries</p> <p>Be increasingly independent in meeting their own care needs</p> <p>Make healthy choices about food, drink, activity and tooth brushing</p> <p>Develop their sense of responsibility and membership of a community</p> <p>Play with one or more other children, extending and elaborating play ideas</p>	<p>Children will:</p> <p>Develop appropriate ways of being assertive</p> <p>Talk with others to solve conflicts</p> <p>Help to find solutions to conflicts and rivalries</p> <p>Be increasingly independent in meeting their own care needs</p> <p>Develop their sense of responsibility and membership of a community</p> <p>Play with one or more other children, extending and elaborating play ideas</p>	<p>Children will :</p> <p>Express their feelings and consider the feelings of others</p> <p>Show resilience and perseverance in the face of a challenge</p> <p>Manage their own needs</p> <p>See themselves as a valuable individual</p> <p>Make healthy choices about food, drink, activity and tooth brushing</p>	<p>Children will:</p> <p>Identify and moderate their own feelings socially and emotionally</p> <p>Think about the perspectives of others</p> <p>Know and talk about the different factors that support their overall health and wellbeing</p> <p>Build constructive and respectful relationships</p>

