



Westleigh Methodist Primary School

Reception Personal, Social and Emotional Development

LTP Progression of Skills and Knowledge

With God, all things are possible – Matthew 19:26

Love Teamwork Thankfulness Generosity Peace Forgiveness Equality Justice



Statutory Guidance from the EYFS Framework for PSED:	Children's personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life.
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	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
SCARF Scheme of Work	<u>SCARF: Me and My Relationships</u> All about me What makes me special Me and my special people Who can help me? (self-regulation) Me and my feelings 1 & 2 (naming different feelings, thinking about how to feel with 'not so good feelings', know some self-care techniques) Know that some actions and words can hurt others feelings. Oral hygiene: teeth cleaning linked to the dental nurse Handwashing Class rules: Behavioural expectations in the class/boundaries set Class rules	<u>SCARF: Valuing Difference</u> I'm special you're special Same and different Same and different families Same and different homes I am caring Kind and caring I know what it means to be respectful and to be treated with respect Independence: putting own socks and shoes on	<u>SCARF: Keeping myself safe</u> What's safe to go in my body? Keeping myself safe Safe indoors and outdoors Listening to my feelings Keeping safe online People who help to keep me safe SMART rules	<u>SCARF: Rights and responsibilities</u> Looking after my special people: I know that caring relationships are at the heart of happy families Looking after my friends: I know what makes a good friend Being helpful at home and caring for our classroom Caring for our world Looking after money Looking after money (2) Healthy eating: Fruit kebabs/making a fruit smoothie	<u>SCARF: Being my best</u> Bouncing back when things go wrong: resilience Yes I can: confidence and resilience Healthy eating (2 weeks) Move your body A good night's sleep Importance of exercise Being kind to living creatures Taking care of animals (frogs/butterflies)	<u>SCARF: Growing and changing</u> Seasons Life stages, plants, animals, humans Life stages, human life stage, who will I be? Where do babies come from? Getting bigger Me and my body, girls and boys Transition into Year 1 Year 1 readiness

Development of Expressing Feelings (Self-Regulation)	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Intent	Children talk about their feelings to trusted adults or special friends.	Children are sharing more often or may comfort a friend who is upset. Children identify their own emotions and name them.	Children who are very upset know who they can talk to or know some ways to calm themselves down if needed. Children are becoming more proud of themselves for achieving things such as pupil of the week.	Children have an adult in school they trust and will talk to. Children talk about their interests and likes and dislikes at school.	Children try and share, take turns, reason and look after one another. They apologise if they hurt someone accidentally or make someone else upset.	Children show emotional maturity ready for the emotional resilience needed for KS1. Children can use reason and resolutions with other children to keep games and play fair.
Vocabulary	Feelings, emotions, happy, sad, angry, good, bad.	Happy, sad, angry, upset, cry, nice, problem, feeling, emotions.	Proud, pride, happy, breathing, feel, feelings, emotions, happy, sad.	Choice, explain, say, worry, sad, help.	Sorry, upset, sad, accident, help.	Emotion, feeling, happy, sad, frustration, explain, why, turn taking, my turn, your turn.
Implementation	<ul style="list-style-type: none"> Books read focusing on feelings and emotions. Class discussions on emotions – particularly relating to starting school 	<ul style="list-style-type: none"> Books read around sharing, friendships, conflicts. Adults modelling resolving conflict. Adults asking children to express their feelings. 	<ul style="list-style-type: none"> Adults giving children time to present any achievements and children knowing they can talk to their teachers about the achievements they have made. 	<ul style="list-style-type: none"> Adults prompting children to explain the choices they have made. Children spending time with the adults in their classroom so they feel comfortable to talk about any concerns they may have. 	<ul style="list-style-type: none"> Adults modelling apologies and explaining to children when an apology is necessary. 	<ul style="list-style-type: none"> Adults providing children with a range of strategies to deal with anger and other emotions.

Development of Managing behaviour (Self-Regulation)	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Intent	Children may come into school upset but can be comforted by adults. Children listen to the rules and expectation and begin to follow them.	Children begin to take turns and share resources and are developing patience and understanding that there is more than just them in the class.	Children know and follow the behavioural expectations of the school.	Children are beginning to understand why listening is important to help us learn and keep us safe.	Children will without question follows instructions from their teachers or school adults.	Children are developing in independence and can manage their behaviour in a range of situations in school.
Vocabulary	Upset, sad, feeling, emotion, rules, safety.	Sharing, taking turns, my turn, your turn, patience, waiting.	Rules, following, behaviour (language related to the behaviours policy)	Listening, waiting, trusted adults, friend, friendship, safe, safety.	Listening, rules, following, safety (language relating to the behaviour policy)	Independence, getting on, planning, changing, keeping on trying, reflecting,
Implementation	<ul style="list-style-type: none"> Adults supporting children who are upset. School behavioural expectations explained to the children. Rules explained as well as the reason behind them – books shared linked to rules. 	<ul style="list-style-type: none"> Adults modelling sharing Adults supporting children to share. 	<ul style="list-style-type: none"> Behaviour expectations are consistently shared with the class. 	<ul style="list-style-type: none"> Adults to model and explain why we listen and why it is important. Stories shared around listening. 	<ul style="list-style-type: none"> Adults giving children clear instructions in a range of situations to follow. 	<ul style="list-style-type: none"> Challenges available to the class. A wide selection of provision available for children to choose between. Adults prompting children to explain their progress in their play.

Development of Self-awareness, keeping healthy (Managing Self)	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Intent	Children are developing an awareness of themselves and are forming their own opinions. Children are beginning to learn the classroom rules and are following these with some reminders.	Children are doing things for themselves – because they want to. They will say what they are doing and why they are doing it too.	Children have a good understanding of the behaviour expectations and guide others to follow. They are proud of what they can do and their achievements.	Children know what makes them happy and do these things. Children know what keeps them healthy and will do these things when possible.	Children tell adults and their peers what they have achieved and what they can do now Children are happy with themselves and proud of what they have achieved at school.	Children are proud of who they are and what they can do. Children can talk about themselves positively.
Vocabulary	Like, dislike, rules, listening, safe, behaviour.	Why, explain, language linked to provision and prior learning	Happy, proud, like, better, improve, good, bad, right, wrong, behave, rules, follow.	Show and tell, proud, happy, achieve, healthy, physical activity, tooth brushing, screen time.	Happy, good, like, proud, I can, better.	Individual, me, my, I can, happy, good, like, better.
Implementation	<ul style="list-style-type: none"> Prompting children to explain what they like and dislike. Rules and expectations explained to the class. Prompts to follow the rules – verbally and pictorially. 	<ul style="list-style-type: none"> Prompts to discuss what they are doing and give a reason why. 	<ul style="list-style-type: none"> Children given time to talk to adults or as a 'show and tell' to explain their achievements. Children discussing the rules and knowing right from wrong. 	<ul style="list-style-type: none"> Stories and lessons based on keeping healthy including tooth brushing, physical activity, screen time and healthy eating. 	<ul style="list-style-type: none"> Children given time to talk to adults or as a 'show and tell' to explain their achievements. 	<ul style="list-style-type: none"> Discussions with adults on their achievements in Reception and how they have progressed since joining school.

Development of Independence (Managing Self)	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Intent	Children are becoming more independent at coming into school in the morning and getting ready for home at home time. They are using the toilet independently most of the time at school. They know it is okay to ask for help and will do so.	Children are using their preferences to choose what they would like to do at school. Children can put their coats on and are becoming more confident and skilled in using buttons and zips.	Children looking after themselves at school (personal and hygiene needs). Children developing resilience and perseverance independently.	Children are becoming much more independent – getting things for home, eating their dinner and snacks, asking for help, getting a drink when they want one. Children independently making healthy food choices such as at dinner time and snack time.	Children are confident to try new things. Children continue to develop their resilience and perseverance independently. Children can continue to look after and care for themselves.	Children continue to look after themselves and understand what healthy choices are. Children have developed resilience, independence and perseverance to support them through transition and the next step in their school journey.
Vocabulary	Get, book bag, water bottle, pack-up, timetable, toilet, wiping, listening.	Play, playing, area names of the classroom, help, please, dress, undress, clothing names, listening, next.	Dress, undress, zip, button, help, try again, tricky, hard, challenge, safe, road safety, look both ways, listening next.	Toilet, food, drink, knife, fork, help, tired, poo, healthy, treat food.	Like, dislike, why, explain, reason, resilience, try again, rule, road safety, directions, listen, next, after that.	Challenge, harder, next level, healthy, food groups, fats, proteins, carbohydrates, dairy, food names, physical activity, P.E, work out
Implementation	<ul style="list-style-type: none"> Visual and verbal reminders to organise themselves. Reminders to use the toilet, although children should be going independently but may need some verbal support. Adults giving children simple and clear 1 step instructions such as “Get your bag”. 	<ul style="list-style-type: none"> Children given the choice to explore in the area they would like to in the classroom. Adults to build up relationships with the class so they feel comfortable to ask for help. Verbal and pictorial reminders and support to get changed. 	<ul style="list-style-type: none"> Children being asked to independently dress themselves. Children given challenges in class. Children having to explain how to be safe on roads and paths or being taken out of school as a class on a walk. Children will take part in safer internet day. 	<ul style="list-style-type: none"> Adults to build a good relationship with the class so they feel comfortable to ask for help or express their needs. Lessons and activities based around healthy and unhealthy foods. 	<ul style="list-style-type: none"> Regular new activities introduced to the class. Discussions around resilience and perseverance. Discussions around road safety or a class walk. 	<ul style="list-style-type: none"> Challenges in the classroom and during adult guided work. Discussions and lessons around keeping healthy.

Development of Social skills (Building Relationships)	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Intent	Children are building new positive relationships with pupils and staff in their new setting. Children may begin to play alongside other children if ready.	Children are building on the relationships started last term. Children will talk to children and adults in their setting. Children are beginning to ask for help if they need it.	Children have friendships and may have a special friend. Children will play with these children in and out of the classroom and are happy to.	Children are building relationships through play. Children will talk and converse to many of their peers.	Children continue to build strong bonds with other children in their school and care for their peers e.g. getting them tissues, asking them to join in with a game.	Children know if they have hurt someone's feelings and will apologise without being asked. Children know some children might like or dislike the things they do and that it is okay. Children look after each other and want to help their friends.
Vocabulary	Friend, teacher, peer, class, others, happy, talk, conversation, play, group, role play, small world.	Friend, class, teachers, help, please, talk, conversation.	Talk, friends, friend names, play, classroom area names.	I think, because, why, when, please, turns, next, shall we, pretend.	Do you, like, dislike, your turn, my turn, minutes, shall we.	Your turn, my turn, you can have it, share, sad, happy, friend.
Implementation	<ul style="list-style-type: none"> Giving children lots of opportunities to talk during carpet time, group tasks, playing, and general discussions. Conversations modelled by adults 	<ul style="list-style-type: none"> Adults modelling respectful conversations Adults building positive relationships so children feel comfortable to ask for help. 	<ul style="list-style-type: none"> Children provided with lots of opportunities to play with others and make friends with other children. 	<ul style="list-style-type: none"> Adults modelling negotiation Children supported to negotiate and play. Lots of opportunities for children to play and explore 	<ul style="list-style-type: none"> Stories around considering others Prompts to share Collaborate with other children if necessary. 	<ul style="list-style-type: none"> Stories around conflict, responsibility, individuality and needs of others.

Development of Communication (Building Relationships)	
Intent	Children will develop their personal, social and emotional skills throughout the Reception year and these skills are taught through significantly adult modelling and guidance. Children will pick up on adults' language used, vocabulary, mannerisms, tone of voice, verbal and non-verbal communications and therefore adapt these into their own communication.
Vocabulary	Teacher, peer, friends, class, nicely, turn taking, having a go.
Implementation	Adults modelling conversations to other adults as well as to the whole class, small groups of children and 1:1 with children too. Adults using specific facial expressions to convey emotions for children to see as well as using appropriate language and vocabulary that they would like for the children to also use. Adults will model positive engagements.

<p>Early Learning Goals:</p>	<p><u>Self- Regulation</u> 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.</p> <p><u>Managing Self</u> 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</p> <p><u>Building Relationships</u> 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</p>
<p>The Reception Year provides the foundation for personal, social and emotional skills children will build upon in Year one.</p>	<p>Children will continue to develop their PSED skills once they move into Year 1 and beyond as they study 'The National Curriculum'. Children will continue to learn about individuality and expressing themselves. They will learn about the wider world and how their actions will affect others and what the consequences for their actions will be – whether that be a reward or a sanction. Children will continue to build friendships and learn about their community and those from other communities. They will continue to learn about SRE and how to keep their bodies safe, as well as healthy eating. PSED play a part in all lifelong skills.</p>