

Tipton Primary School - Personal, Social and Emotional Development (PSED) Progression in Reception (Owls)

	Autumn Term	Spring Term	Summer Term
Self-Regulation	1.1. Identify and moderate their own feelings socially and emotionally.	2.1. Think about the perspectives of others.	<p><u>ELG Self-Regulation</u> Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</p> <p>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</p> <p>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>
Managing Self	1.1. Remember rules without needing an adult to remind them. 1.2. Manage their own needs: personal hygiene	2.1. Show resilience and perseverance in the face of challenge. 2.2. Know and talk about the different factors that support their overall health and wellbeing: <ul style="list-style-type: none"> • regular physical activity • healthy eating • tooth brushing • sensible amounts of 'screen time' • having a good sleep routine • being a safe pedestrian 	<p><u>ELG Managing Self</u> Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</p> <p>Explain the reasons for rules, know right from wrong and try to behave accordingly.</p> <p>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p>
Building Relationships	1.1. Express their feelings and consider the feelings of others. 1.2 Using figures, talk about who lives with them for their genograms.	2.1. See themselves as a valuable individual. 2.2. Build constructive and respectful relationships.	<p><u>ELG Building Relationships</u> Work and play cooperatively and take turns with others.</p> <p>Form positive attachments to adults and friendships with peers.</p> <p>Show sensitivity to their own and to others' needs.</p>