



# Personal, Social and Emotional Development Progression Map

Subject Leader: Mrs Mabberley

	Nursery	Reception	Year 1	Year 2
Making relationships	Settling into Nursery Learning the names of other children and staff Learning play skills alone and alongside other children Forming a positive relationship with keyworker	Settling into Reception Making new, and building on existing, friendships Learning how to negotiate with others with adult support Similarities and differences between myself and my friends	Learning how to negotiate with others Identifying what a good, healthy friendship is and making positive relationships with peers	Helping others to negotiate Understanding what a positive, healthy friendship is and making positive relationships with peers outside of their own class Making relationships with older children ready for transition to junior school
Self-confidence and self-awareness	Learning to use the Nursery environment Separating from parent	Learning to use the Reception environment confidently and independently Understand that our brain is like a muscle and it needs to do hard things to make it grow	Understand the power of 'yet' and the 'learning pit' Identify how they feel when things are getting hard and be able to begin to put in place strategies to be resilient	Able to express positive things about themselves Understand what is meant by the term 'resilience' and how they can use resilience when learning gets harder
Managing feelings and behaviour	Beginning to express emotions and learn how to self-soothe	Begin to express emotions using words and learn how to self-soothe	Express simple emotions using words and begin to understand and name more complex emotions Begin to explore ways to manage 'big' emotions and how to take appropriate action to manage these	Express emotions using words and have a range of strategies to manage emotions Identify emotions in others and understand how we can restore relationships with others when there has been a rupture
Health and wellbeing	Accessing nutritious snacks and water Visit to Lidl to explore fruit and veg using the text of Supertato as inspiration Learn about simple body parts such as eyes, nose, teeth etc	Learning about changes from being a baby to now and how we have changed Learn about our bodies and what to do if we are uncomfortable about something	Beginning to understand the effects of exercise, sleep and nutrition on our bodies Identifying the difference between different types of diets e.g. omnivore and herbivore	Understanding the effects of exercise, sleep and nutrition on our bodies and understanding the different food groups which make up a nutritious diet
Living in the wider world	Looking after the Nursery environment; learning where everything belongs and tidying up routines Exploring the local area looking at key buildings and	Exploring the local area and sharing knowledge of the local area which relates to their own experience Learning about the key celebrations and cultural aspects	Learning about the key celebrations and cultural aspects of religions different to their own and respecting these differences	Learning about the key celebrations and cultural aspects of religions different to their own and respecting these differences; asking questions about cultures and faiths which are

	objects of reference such as door numbers and street numbers	of religions different to their own and respecting these differences Learning about keeping ourselves safe online and what to do if we find something online which makes us feel unsafe	Learning about, and contributing to, a charity to understand difficulties some people in society face	different to their own and noticing similarities Learning about refugees and homelessness and the impact this has on people
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