

Small Steps Progression Document – Reception

<u>Personal, Social and Emotional Development</u>			
<u>Nursery</u>	<u>Reception</u>	<u>ELG</u>	<u>Year 1</u>
<u>Self-Regulation</u>			
Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them. Find solutions to conflicts and rivalries. For example accepting that not everyone can be Spider Man in the game, and suggesting other ideas. Develop appropriate ways of being assertive. Talk with others to solve conflicts.	Identify and moderate their own feelings socially and emotionally.	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 ait 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.	Put positive resolution techniques into practice. Encourage others to put positive resolution techniques into practice.
<u>Managing Self</u>			
Show more confidence in new social situations. Increasingly follow rules, understanding why they are important. Remember rules without needing an adult. Talk about their feelings using words like 'happy', 'sad', 'angry', or 'worried'. Be increasingly independent in meeting their own care needs, e.g., brushing teeth, using the toilet, washing and drying their hands thoroughly. Make healthy choices about food, drink, activity and toothbrushing.	See themselves as a valuable individual. Show resilience and perseverance in the face of challenge. Manage their owns needs. - Personal hygiene. Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian	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.	Describe their daily bedtime routine. Explain what happens if you do not exercise regularly. Explain that other people have rights for their own body. List some foods that are good to have once a week. Identify hazard signs that mean something is dangerous. Explain what germs are and why people need to keep clean.

Building Relationships			
Develop their sense of responsibility and membership of a community. Become more outgoing with unfamiliar people, in the safe context of their setting. Play with one or more other children, extending and elaborating play ideas. Understand gradually how others might be feeling.	Build constructive and respectful relationships. Express their feelings and consider the feelings of others. Think about the perspectives of others.	Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and other's needs.	Identify who the special people in their lives are and explain why they are important to them. Explain why having a family network is important. Know what makes someone a good friend and demonstrates these qualities. Cooperate with others to complete a task. Identify several ways to show others that they care and understand the importance of doing this. Take the lead in demonstrating successful cooperation skills.