

Curriculum Area Progression Summary

Area of Learning: PSED – Self-confidence & self-awareness



Stage	Summary of key skills and knowledge to be acquired
1	<ul style="list-style-type: none"> ● Is able to make basic needs/feelings known using face, body, voice ● Shows pleasure at physical interaction e.g. giggling
2	<ul style="list-style-type: none"> ● Beginning to adapt and anticipate simple familiar routines. ● Engages another person to achieve an end goal
3	<ul style="list-style-type: none"> ● Is more aware of children around them ● Becomes more confident to try new activities
4	<ul style="list-style-type: none"> ● Shows more confidence with the support of a familiar adult. ● Asks for help when frustrated
5	<ul style="list-style-type: none"> ● Confidence is developing and has a strong sense of self. ● Enjoys praise and simple responsibility
6	<ul style="list-style-type: none"> ● Can talk positively about themselves ● Improved confidence in a variety of activities.
7	<ul style="list-style-type: none"> ● Able to try new activities and express preferences. ● Talks about ideas and can express when help is needed
8	<ul style="list-style-type: none"> ● Accepts that wants and desires will not always be met ● Can self-monitor and regulate own emotions
9	<ul style="list-style-type: none"> ● Identify own strengths and weaknesses ● Discuss own needs or opinions with others
10	<ul style="list-style-type: none"> ● Can interact positively in the community with a range of people ● Maintain own opinions in discussions
11	<ul style="list-style-type: none"> ● Knows how to recognise and appreciate strengths in other people ● Knows and can demonstrate simple hygiene routines that can prevent the spread of germs. ● Knows some examples of different forms of prejudice and discrimination.
12	<ul style="list-style-type: none"> ● Explain how we feel about ourselves can be affected by what is happening in our lives. ● Explain how people use social media and how not all the information is true. ● Know sources of immediate help in an emergency
13	<ul style="list-style-type: none"> ● Identify what items we may use to support personal hygiene. ● Describe how we might feel when someone encroaches on our personal space. ● Explain that some actions are crimes and how to respond including reporting to the police.
14	<ul style="list-style-type: none"> ● Identify what would and would not be an emergency situation and identify emergency services that could help. ● Explain rules for keeping safe when using social media platforms.

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	<ul style="list-style-type: none">• Knows and can explain how the inappropriate use of mobile phones can contribute to accidents.
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