



Progression of skills

EYFS

Personal, Social and Emotional Development

Self-Awareness

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Sense of Self	Show increasing confidence in familiar situations.	See themselves as a valuable individual.	Be confident to try new activities and challenges.
Likes and Interests	Talk about things they enjoy and prefer.	Discuss interests, achievements and preferences.	Show confidence when sharing ideas and interests.
Self-Confidence	Become more outgoing with unfamiliar people in safe situations.	Show confidence in new social situations.	Demonstrate confidence across a range of learning situations.
Recognising Strengths	Begin to recognise things they can do well.	Talk about achievements and successes.	Approach challenges with confidence and a positive attitude.

Emotional Literacy

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Naming Feelings	Talk about feelings using words such as happy, sad, angry and worried.	Express feelings using a wider emotional vocabulary.	Show an understanding of their own feelings and those of others.
Expressing Emotions	Express emotions through words and actions.	Explain why they feel a particular way.	Communicate feelings appropriately.
Understanding Emotions	Begin to recognise emotions in themselves and others.	Identify different emotions in a range of situations.	Understand how emotions affect behaviour and choices.
Talking About Feelings	Talk about feelings when supported by adults.	Discuss emotions and experiences more independently.	Use language effectively to explain feelings and responses.

Attention and Focus

<u>Strand</u>	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Engagement	Join activities for increasing periods of time.	Maintain focus during adult-led learning.	Give focused attention to what the teacher says.
Concentration	Stay engaged in chosen activities.	Sustain attention during learning and play.	Maintain concentration even when engaged in another activity.
Completing Tasks	Begin to finish simple activities.	Complete activities with increasing independence.	Work towards goals and complete tasks successfully.
Listening During Learning	Listen when prompted by adults.	Listen carefully during teaching sessions.	Respond appropriately to instructions and discussions.

Self-Regulation

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Managing Behaviour	Begin to follow simple rules with support.	Identify and moderate their own feelings and behaviour.	Regulate behaviour appropriately in different situations.
Impulse Control	Wait briefly for turns and resources.	Begin to control impulses with reminders.	Wait for what they want and control immediate impulses when appropriate.
Coping with Frustration	Seek adult support when upset.	Use simple strategies to manage frustration.	Use appropriate strategies to manage emotions independently.
Adapting Behaviour	Respond to adult guidance.	Adjust behaviour according to expectations.	Adapt behaviour appropriately across different situations.

Attention and Focus

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Engagement	Join activities for increasing periods of time.	Maintain focus during adult-led learning.	Give focused attention to what the teacher says.
Concentration	Stay engaged in chosen activities.	Sustain attention during learning and play.	Maintain concentration even when engaged in another activity.
Completing Tasks	Begin to finish simple activities.	Complete activities with increasing independence.	Work towards goals and complete tasks successfully.
Listening During Learning	Listen when prompted by adults.	Listen carefully during teaching sessions.	Respond appropriately to instructions and discussions.

Following Rules and Expectations

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Understanding Rules	Begin to understand simple classroom rules.	Understand why rules are important.	Explain the reasons for rules.
Following Rules	Follow rules with adult support.	Follow classroom routines and expectations.	Know right from wrong and try to behave accordingly.
Classroom Routines	Participate in daily routines.	Follow routines independently.	Apply routines consistently and independently.
Responsibility	Help with simple tasks when asked.	Take responsibility for classroom resources and routines.	Demonstrate responsibility for themselves and their environment.

Independence

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Choosing Activities	Select and use activities with support.	Make independent choices about learning and play.	Show independence in learning and daily routines.
Resource Management	Access familiar resources independently.	Select appropriate resources for tasks.	Organise and manage resources independently.
Problem Solving	Seek help when difficulties arise.	Attempt solutions before asking for support.	Show increasing independence when solving problems.
Decision Making	Make simple choices during play.	Explain choices and preferences.	Make sensible decisions independently.

Resilience and Perseverance

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Trying New Things	Attempt new activities with encouragement.	Show resilience when faced with challenge.	Be confident to try new activities.
Perseverance	Continue activities for short periods.	Keep trying when tasks become difficult.	Persevere in the face of challenge.
Learning from Mistakes	Accept support when things go wrong.	Begin to understand mistakes help learning.	Demonstrate a positive attitude towards challenge.
Goal Achievement	Complete simple tasks.	Work towards personal goals.	Set and work towards simple goals.

Building Relationships

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Friendships	Play alongside and with other children.	Build constructive and respectful relationships.	Form positive attachments and friendships.
Positive Interactions	Respond positively to familiar adults and peers.	Engage positively with a range of people.	Demonstrate positive social interactions consistently.
Respect	Begin to understand others have different ideas.	Respect others' views and feelings.	Show sensitivity to their own and others' needs.
Belonging	Feel part of the class community.	Contribute positively to the school community.	Demonstrate a strong sense of belonging.

Cooperation and Teamwork

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Sharing	Share resources with support.	Share resources fairly with others.	Work cooperatively and take turns.
Turn Taking	Take turns during games and activities.	Understand and follow turn-taking rules.	Consistently cooperate with others.
Working Together	Participate in group play.	Collaborate during learning and play.	Work successfully as part of a group.
Group Responsibility	Join group activities.	Contribute ideas during group work.	Value and support the contributions of others.

Conflict Resolution

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Recognising Conflict	Notice when disagreements occur.	Identify problems during play and learning.	Recognise the impact of conflict on others.
Seeking Support	Ask adults for help when needed.	Use adult-supported strategies to resolve disagreements.	Apply positive strategies to resolve conflicts.
Negotiation	Begin to express own needs.	Negotiate and compromise with support.	Resolve disagreements respectfully.
Restoring Relationships	Rejoin play after support.	Rebuild relationships following disagreements.	Maintain positive relationships with peers

Healthy Living

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Healthy Eating	Begin to understand healthy food choices.	Know and talk about healthy eating.	Understand the importance of healthy food choices.
Physical Activity	Enjoy active play and movement.	Understand that exercise helps keep us healthy.	Recognise the benefits of physical activity.
Oral Health	Begin routines for tooth brushing.	Understand why tooth brushing is important.	Demonstrate understanding of oral hygiene.
Sleep and Wellbeing	Follow daily routines.	Understand the importance of sleep and rest.	Understand factors that support overall wellbeing.

Safety Awareness

	<u>3-4 Years</u>	<u>Reception</u>	<u>ELG</u>
Personal Safety	Follow simple safety instructions.	Understand how to stay safe in familiar environments.	Apply safety knowledge appropriately.
Road Safety	Begin to learn simple road safety rules.	Understand how to be a safe pedestrian.	Demonstrate awareness of keeping safe in the community.
Online Safety	Begin to understand technology rules.	Learn simple rules for using technology safely.	Apply age-appropriate safety knowledge when using technology.
Seeking Help	Know trusted adults can help.	Identify adults who can help in different situations.	Seek support appropriately when needed.