

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

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