

Personal Development – Progression Map

	2 Year Olds	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Social and Life Skills	<p>To be able to say “please” and “Thank you”</p> <p>To be able to share and take turns</p> <p>To be able to recognise emotion in others.</p> <p>To be able to sit down for group snack time.</p>	<p>To be able to walk independently without a buggy</p> <p>To be able to feed myself and cut soft foods.</p> <p>To be able to use the toilet and communicate my toileting needs to an adult.</p> <p>To be able to “have a go”</p>	<p>To be able to wash my hands.</p> <p>To be able to use a knife and fork</p> <p>To be able to tuck chairs in</p> <p>To be able to use a person’s name and say “excuse me” to get their attention</p> <p>To be able to help other people, e.g. putting coats on</p>	<p>To hold the door to allow others through it without being asked</p> <p>To use the phrase “Please may I...”</p> <p>To take care of my own personal hygiene, for example, changing clothes, cleaning teeth and washing hands.</p> <p>To prepare food (e.g. sandwich/fruit) safely and cleanly for a class picnic.</p> <p>To say sorry with meaning.</p> <p>To offer someone help or assistance.</p> <p>To understand some ways to</p>	<p>To give a meaningful compliment</p> <p>To be able to cross the road safely</p> <p>To be able to wash and dry up.</p> <p>To discuss positively my own and other people’s cultures.</p> <p>To be able to keep my belongings safe in school.</p> <p>To understand the importance of being grateful for the things that we have.</p> <p>To tie my own shoelaces</p>	<p>To understand different emotions and how to manage them.</p> <p>To know my own full name, date of birth, address and telephone number.</p> <p>To be able to clean a wound and apply a plaster or ice pack.</p> <p>To know how and when to call an ambulance</p> <p>To understand the importance of a healthy lifestyle (including sleep, exercise and water).</p>	<p>To know how to make a visitor or new pupil feel welcome.</p> <p>To respect differences in others.</p> <p>To demonstrate an understanding of how my behaviour affects others.</p> <p>To plant, grow and look after a plant.</p> <p>To independently compromise and manage conflicts.</p>	<p>To understand what being a good citizen is.</p> <p>To be able to articulate an opinion on current affairs.</p> <p>To be able to challenge others politely.</p> <p>To be able to use most kitchen appliances safely.</p> <p>To know how to plan a journey on public transport.</p>	<p>To know how to plan a household budget</p> <p>To be able to negotiate a refund for an item purchased.</p> <p>To be able to take my own view in a debate, understand others views and play devil’s advocate.</p> <p>To be able to plan and cook a healthy meal on a tight budget.</p> <p>To set a table for a special occasion and eat in a socially acceptable way.</p> <p>To know ow to use a washing machine and fold clothes.</p>

				resolve and argument.	and a tie a bow				<p>To understand the importance of punctuality.</p> <p>To be able to independently plan a journey on public transport.</p>
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