



PSED Progression in Skills Document

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Special Feelings Friend Family Kind Helpful Home New Friend	Same Different Caring Friend	Fruit Vegetables Balanced diet Safe Indoors Outdoors Online	Look after Help Responsibility Money Saving Spend	Bounce Back Resilience Healthy Eating Exercise Move Sleep Rest Routine Safe	Life Stages Career Growing up Baby
Week 1	Home Visits Settling in Sessions	I'm special – so are you	What's safe to go into my body?	Looking after my special people	Bouncing back when things go wrong	Seasons
Week 2		Same and different	Keeping Myself Safe – What's safe to go into my body	Looking after my friends	Yes, I can	Life Stages – Plants animals and humans.
Week 3		Same and different families	Safe indoors and outdoors	Being helpful at home and caring for our classroom	Healthy eating	Life Stages: Human life stages – Who will I be?
Week 4	All about me	Same and different homes	Listening to my feelings	Caring for our world	My healthy mind	Where do babies come from?
Week 5	What makes me special	I am caring	Keeping safe online	Looking after money – Recognising, spending and using	Move your body	Getting bigger
Week 6	Me and my special people	I am a friend	People who help to keep me safe	Looking after money – Saving money and keeping it safe	A good night's sleep	Me and my body – girls and boys
Week 7	Who can help me?					



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	My feelings		
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