



Personal, Social and Emotional Development- Coverage Tracker



Reception

Pupils will be learning to	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
See themselves as a valuable individual.						
Build constructive and respectful relationships						
Express their feelings and consider the feelings of others.						
Show resilience and perseverance in the face of challenge.						
Identify and moderate their own feelings socially and emotionally.						
Think about the perspectives of others.						
Manage their own needs. <ul style="list-style-type: none">• Personal hygiene						
Know and talk about the different factors that support their overall health and wellbeing: <ul style="list-style-type: none">• regular physical activity• healthy eating• toothbrushing• sensible amounts of 'screen time'• having a good sleep routine• being a safe pedestrian						