

Development Matters Guidance- Pre-School

Three and four year old will be learning to:

- Play with one another, extending and elaborating play ideas.
- Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game and suggesting other ideas.
- Increasingly follow rules, understanding why they are important.
- Remember rules without needing an adult to remind them.
- Develop appropriate ways of being assertive.
- Talk with others to solve conflicts.
- Talk about their feelings using words like 'happy', 'sad', 'angry' or worried.
- Understand gradually how others might be feeling.
- Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them.
- Develop their sense of responsibility and membership of a community.
- Become more outgoing with unfamiliar people, in the safe context of their setting.
- Show more confidence in new social situations.
- Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly.
- Make healthy choices about food, drink, activity and toothbrushing.

Development Matters Guidance- Reception

- Children in reception will be learning to:
- 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.
 - Personal hygiene
- Know and talk about the different factors that support their overall health and wellbeing:
 - Regular physical activity
 - Healthy eating
 - Toothbrushing
 - Sensible amounts of 'screen time'
 - Having a good sleep routine
 - Being a safe pedestrian

Early Learning Goals- Personal, Social and Emotional Development	
<u>Self- Regulation</u> <ul style="list-style-type: none"> ➤ Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. ➤ Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. ➤ Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. 	
<u>Managing Self</u> <ul style="list-style-type: none"> ➤ Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. ➤ Explain the reasons for rules, know right from wrong and try to behave accordingly. ➤ Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. 	
<u>Building Relationships</u> <ul style="list-style-type: none"> ➤ Work and play cooperatively and take turns with others. ➤ Form positive attachments to adults and friendships with peers. ➤ Show sensitivity to their own and to others' needs. 	