

AET Progression Framework & PSHE Curriculum Map

```
graph TD; A[AET Progression Framework & PSHE Curriculum Map] --> B[Unit 1: Self-Awareness]; B --> C[Unit 2: Self-care, Support & Safety]; C --> D[Unit 3: Managing Feelings];
```

Unit 1: Self-Awareness

Me, who I am, my likes, dislikes, strengths and interests.

Emotional Understanding and Self Awareness

Understanding and expressing own emotions, managing emotions and behaviour.

Understanding others' emotions, self-awareness, developing confidence and self-esteem.

Sensory Processing

Expressing and understanding own sensory needs, responding to interventions, increasing tolerance of sensory input, managing own sensory needs.

Unit 2: Self-care, Support & Safety

Looking after myself and keeping safe; aspects of Relationships and Sex Education.

Independence and Community Participation

Independent learning, personal safety, road safety and travel, keeping healthy,
personal care, leisure

Social Communication

Listening and understanding, expressive communication, conversations.

Unit 3: Managing Feelings

Understanding feelings, and that how I feel and how others feel affects choices and behaviour; aspects of Relationships and Sex Education

Emotional Understanding and Self Awareness

Understanding and expressing own emotions, managing emotions and behaviour, understanding others' emotions, self-awareness, developing confidence and self-esteem

Social Communication

Listening and understanding, expressive communication, conversations.



Unit 4: Changing & Growing

How I and others are changing, new opportunities and responsibilities; aspects of Relationships and Sex Education.

Social Interaction

Being with others, positive relationships and friendships, group activities.

Social Imagination and Flexibility

Coping with change, transitions, special interests, play, problem solving and thinking skills



Unit 5: Healthy Lifestyles

Being and keeping healthy, physically and mentally.

Independence and Community Participation

Independent learning, personal safety, keeping healthy, personal care, leisure.

Sensory Processing

Expressing and understanding own sensory needs, responding to interventions, increasing tolerance of sensory input, managing own sensory needs.



Unit 6: The World I Live in

Living confidently in the wider world.

Social Communication

Listening and understanding, expressive communication, conversations

Learning

Organisation and independent learning, motivation and engagement, school routines and expectations, evaluating own learning.

Social Interaction

Being with others, positive relationships and friendships, group activities.