

EYFS Pol-Ed Lessons

Curriculum Road Map

In EYFS, the Pol Ed curriculum introduces the foundations of emotional development, early safeguarding, and healthy routines through familiar, everyday experiences. Through strand one, pupils learn to identify and manage basic feelings and build positive relationships. Within strand two, pupils learn to recognise and navigate safe and unsafe situations in different environments. Finally, in strand three, pupils learn about the importance of caring for their bodies, physical movement and nutrition. These first steps create the starting point of the spiral curriculum, supporting confidence, safety awareness and readiness for learning in KS1.

1

What can I do if I'm feeling big emotions?

How can I be a good friend?

How can I make other pupils feel happy?



How can I play nicely with others?

2

How can adults at school help me?

How can I play safely?

How can I keep safe at school?

What are rules?

Who are the police and how do they help us?

How can I keep safe at home?

What are consequences?



3

How can I be a germ buster?

How does food help me?

How does exercise help me?

