

EYFS Pol-Ed Lessons

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.



Year 1 Pol-Ed Lessons

Curriculum Road Map

Strand one of the Pol-Ed Curriculum for Year 1 strengthens pupil's confidence in expressing feelings, forming positive relationships and recognising when something doesn't feel right. Through strand two, pupils learn how to stay safe and seek help from trusted adults. In strand three, pupils begin to understand personal and shared responsibility and what it means to take ownership of their behaviour and choices. Year 1 builds on EYFS foundations and supports pupils to become increasingly independent and aware of how their actions affect others.



Year 2 Pol-Ed Lessons

Curriculum Road Map

Year 2 supports growing independence by helping pupils understand difference, cooperation and managing worries, while also beginning to navigate everyday risks. Through strand one, pupils explore how relationships and families vary. Within strand two, pupils explore how to stay safe in person and online. Finally, in strand three, pupils begin to think about their futures and learn how healthy routines and simple decision making can influence their wellbeing. This prepares pupils for the increased responsibility of KS2.



Year 3 Pol-Ed Lessons

Curriculum Road Map

Strand one of the Pol-Ed Curriculum for Year 3 helps pupils deepen their understanding of friendships, consent within social interactions and knowing when to seek help. Through strand two, they develop awareness of different types of risk and learn how to respond to emergencies. In strand three, pupils explore why rules and rights help to keep people safe. These lessons strengthen pupils' ability to navigate more complex social situations and broaden their understanding of their place in the wider community.



Year 4 Pol-Ed Lessons

Curriculum Road Map

Year 4 expands pupils' understanding of inclusion, community and personal responsibility. Through strand one, pupils explore respect for diversity, including protected characteristics, and learn how to recognise and challenge discrimination. Within strand two, pupils develop practical skills for staying safe in different environments. In strand three, pupils learn how to build healthy habits that support emotional and physical wellbeing. This encourages pupils to act responsibly within their community and understand how their choices impact themselves and others.



Year 5 Pol-Ed Lessons

Strand one of the Pol-Ed curriculum for Year 5 focuses on strengthening pupils' ability to manage influence, set boundaries and stay safe online and offline. As their independence grows, strand two encourages pupils to think their online behaviour, risky situations and substances in an age appropriate way. Through strand three, they explore identity, the emotional changes linked to puberty and how personal choices affect wellbeing. This supports resilience, informed decision making and confidence during a period of significant change.



Year 6 Pol-Ed Lessons

Curriculum Road Map

Year 6 prepares pupils for the transition to secondary school by developing critical thinking, personal safety skills and emotional resilience. Through strand one pupils explore respectful relationships and equality. Within strand two, pupils learn about lawful/unlawful behaviour, and how to assess different types of risk. In strand three, pupils reflect on growing up, managing change and knowing how to access support for their mental health, ensuring pupils are equipped for increasing independence and future responsibilities.

1

What is a debate?

How can we respect different relationships?

What does the law say about marriage?

What is my relationship with authority?

How can we challenge sexism?

How can we be allies against racism?

2

Why does media have age restrictions?

How is my data shared?

What is spiking?

What different types of crime are there?

What is the issue with addiction?
(vaping/smoking)

What does the law say about drugs?

What is anti-social behaviour?

What is a weapon?

What is shop theft?

3

How can I manage moving to high school positively?

How can I get ready for secondary relationships?

What does adulthood look like?

How can I seek support for my mental health?

What is grief?

How can I re-frame my thinking?

