

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.

