

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.

Relationships	Keeping Safe	Understanding the Law	Wellbeing
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Autumn Term		Spring Term		Summer Term	
What can I do if I'm feeling big emotions?		How can I play safely?		How can I be a germ buster?	
How can I be a good friend?		How can I keep safe at school?		How does food help me?	
How can I make other pupils feel happy?		How can I keep safe at home?		How does exercise help me?	
How can I play nicely with others?		Who are the police and how do they help us?			
How can adults at school help me?		What are rules?			
		What are consequences?			

British Values:
Democracy, Rights and Responsibility, The Rule of Law, Individual Liberty, Mutual Respect and Tolerance of Difference.

Key Vocabulary		
rules	friends	exercise
safe	germ	healthy
consequences	Police	emotions

Substantive - Subject Knowledge

Bigger Picture - Support words