

EYFS: Curriculum

Core lessons, rationale and assessment endpoint

Why this? Why now?

The curriculum begins with everyday experiences: feelings, friendship, safe play, rules, trusted adults, hygiene, food and exercise. These foundations support readiness for KS1 and early protective behaviours.

Key endpoint

Children can name basic feelings, talk about safe adults, describe simple rules and show early care for themselves and others.

Core focus

big emotions

good friend

play safely

rules

germ buster

exercise/food

Wider provision / enhancement

Provision includes yoga, meditation, online/screen-time awareness, all families are different and conflict-solving with adult support.

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

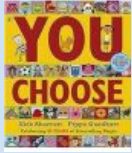
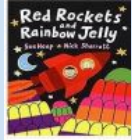
How can I be a germ buster?

How does food help me?

How does exercise help me?



NO OUT SIDERS

	You Choose Nick Sharratt and Pippa Goodheart	To say what I think.
	Red Rockets and Rainbow Jelly Sue Heap and Nick Sharratt	To understand that it is ok to like different things.
	Blue Chameleon Emily Gravett	To make friends with someone different.
	The Family Book Todd Parr	To understand that all families are different.
	Mommy, Mama and Me Leslea Newman and Carol Thompson	To celebrate my family.