

Pol-Ed Lesson Overview - Primary

In 2025, Pol-Ed are expanding our lesson offering across all Key Stages.

This document highlights which areas we are developing and the resources that already exist and will remain in place.

*** = current Pol-Ed lessons available on the pol-ed.co.uk website.**



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EYFS Overview

The EYFS provision packs set the groundwork for pupil's personal, social and emotional development whilst also supporting the wider early learning goals. Pol-Ed advises schools start by delivering the passport lessons which primarily focus on emotional regulation, before moving on to the other provision packs which introduce key themes relation to relationships, safety, rules/law and well-being.

Introduction to the Passport: The EYFS passport focuses on the stamps of empathy, respect, self-worth, resilience and risk as well as exploring what emotions are and the role that they play. Pupils are encouraged to consider what each of the stamps can look like and feel like and to talk about emotions in an open way.

Relationships: As well as ensuring pupils know how they can seek and receive help from the adults in their new setting, these provision packs also support pupils in considering how they can share their new learning space and play well with other children.

Keeping Safe: Emphasises key points regarding how pupils can stay safe in different settings, focusing on play time, wider school and home.

Understanding the Law: Pupils explore the importance of rules and consider their own behaviours when things are not going to plan. The role of the police is also introduced.

Well Being: Pupils consider the things they can do to be healthy and strong and learn about how self-care can make them feel better too.

Key Stage 1 Overview

KS1 builds on from the EYFS in the following ways:

Relationships: The thread of friendship continues with a more detailed focus on bullying and other harmful factors within friendships, before moving on to examine wider relationships more closely.

Keeping Safe: The thread of keeping safe in different places, including online, continues, with a focus on the different people who help to keep us safe and why it is important to speak up about anything making us feel unsafe.

Understanding the Law: The thread of rules and consequences continues, exploring each theme in greater depth, including considering the role of the police at a wider level.

Well Being: The thread of physical self-care in relation to well-being continues. Pupils are also introduced to emotional self-care and well-being.

Key Stage 2 Overview

KS2 builds on from KS1 in the following ways:

Relationships: The thread of friendship continues with a focus on dealing with and navigating a range of problems within friendships.

Keeping Safe: The thread of speaking out continues with a focus on increased responsibility and what needs to be considered to enjoy this increased independence safely.

Understanding the Law: The thread of responsibility continues, with a focus on exploring specific crime types in-line with increasing maturity and independence.

Well Being: All of the key threads from KS1 remain with pupils exploring these at greater depth.



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Passport

Introduction to the Pol-Ed Passport. We recommend that EYFS pupils start their Pol-Ed journey with our passport lessons.

What are emotions? *		What is self-worth? *	
What is empathy? *		What is resilience? *	
What is respect? *		What is risk? *	
Relationships	Keeping Safe	Understanding the Law	Well-being
How can I be a good friend? *	How can I play safely? *	What are rules? *	How can I be a germ buster?
How can I make other children feel happy? *	How can I keep safe at school? *	What are consequences? *	How does food help me?
How can I play nicely with others? *	How can I keep safe at home? *	What can I do if I'm feeling big emotions? *	How does exercise help me?
How can adults at school help me? *		Who are the police and how do they help us? *	

Key Stage 1 Pol-Ed Lessons

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Year 1

The year 1 lessons further embed the themes explored in the EYFS and introduce pupils to new themes that set the initial building blocks of the four knowledge areas. Emotional regulation remains a key focus and pupils also explore the key people that help them and make them feel happy.

Relationships: The emphasis is on healthy friendships, recognising when friendships are going well and when they are not and how to navigate these scenarios.

Keeping Safe: Pupils explore the people who help keep them safe and the importance of speaking up. They begin to consider how to stay safe in new places, and the importance of listening and responding sensibly if there is an emergency, as well as the people who can help us during emergencies.

Understanding the Law: Emphasising the role that rules play in our day-to-day life and their personal role within this. Pupils also explore the role of the police.

Well-being: In alignment with the relationship and keeping safe topic areas, pupils explore their feelings and the importance of speaking up when they are struggling with these. Pupils also consider what makes them special.

Relationships	Keeping Safe	Understanding the Law	Well-being
How can I make friends?	How can I speak up? *	How can I be responsible?	What makes me special?
What if my friends are making me feel sad? *	Who are my trusted adults? *	Why have different rules in different places? *	What do feelings feel like?
Why are safe hands important? *	How can I keep safe in new places? *	What can happen when rules are broken?	How can I share my feelings?
Why is name calling unkind?	Who else helps to keep me safe?	What do the police do?	How can I be an empathy expert?
What is bullying?	Responding to emergency situations.		
How can I be an ally?	What is 999? * (Moved from UTL)		

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Year 2

The year 2 lessons expand on the knowledge and skills developed in KS1 and add further breadth to their learning. Pupils are introduced to discreet topic areas in recognition of their increasing maturity as they move through KS1 and are preparing for KS2.

Relationships: Exploring the different relationships we have with a range of different people, with a particular focus on family.

Keeping Safe: Emphasising safety messages in more specific contexts in recognition of increasing maturity as they move through the key stage, including online safety.

Understanding the Law: In alignment with the keeping safe topic area, pupils explore the internet further as well as rules and laws associated with age. Money and jobs are also emphasised as an early introduction to responsibility, fairness and consequence.

Well-being: Emphasising physical health and how this supports well-being, including the exploration of change as pupils come to the end of the key stage.

Relationships	Keeping Safe	Understanding the Law	Well-being
Why are relationships important?	What is private information?	What is the internet?	How can I deal with change?
How are we the same, how are we different?	How can I keep safe online? *	Why does age matter? *	What does it mean to be healthy?
What is a family?	Unplanned encounters.	What are needs and wants?	How can I look after my body?
Who looks after me?	What are medicines?	What is money?	Why is sleep important?
How do I share family worries? *	What is fire safety?	What is a job?	When do I need to take a break?

Key Stage 1 Passport

Our Passport lessons may be taught at any point during the Key Stage to assess how pupils are developing in each of our Passport areas.

What is empathy?	What is future planning?	What is resilience?	What is self-worth?
What is fact finding?	What is informed decision-making?	What is respect?	What is risk?

Key Stage 2 Pol-Ed Lessons

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Year 3

The year 3 lessons recognise that pupils have moved up to a new key stage, and therefore there is ample opportunity to revisit, re-emphasise and introduce pupils to core themes and knowledge that are needed across our three topic areas.

Relationships: Emphasising relationship values and reminding pupils how they can report concerns.

Keeping Safe: Exploring how risk feels and reminding pupils how and why they should share information with, and gain support from, adults that can help them to keep safe.

Understanding the Law: Focusing on rights and responsibilities in relation to the law and ensuring a clear understanding of the need for laws and how they are enforced.

Well-being: Pupils are re-introduced to mental health and explore their strengths and how they can seek support.

Relationships	Keeping Safe	Understanding the Law	Well-being
Who are my people?	What do we mean by risk? *	What are children's rights?	What is mental health?
How should we treat people? *	How can I share my worries? *	How can I be a responsible citizen? *	What am I good at?
What do we mean by consent in friendships? *	When should I break a secret?	What is the law and why do we have it? *	How can intense feeling feel?
What to do when friendships go wrong.	What are emergency services? *	How do we enforce the law? *	What words can I use to talk about my feelings?
What is bullying? *	What are emergency situations?		How does school help me?

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Year 4

The year 4 lessons introduce a sense of autonomy and personal responsibility to align with pupils growing maturity as they progress through this key stage.

Relationships: Pupils consider how they can both influence others and be influenced themselves, the topic of equality is also explored, ensuring pupils understand their moral responsibility and the concept of allyship.

Keeping Safe: Emphasising the practical information needed to ensure personal safety as pupils become more independent both in their home and local area if and when playing outside.

Understanding the Law: In alignment with the relationship topic area, the law in relation to equality is explored. In alignment to the keeping safe topic area, the law in relation to looking after the local area is explored e.g. introducing criminal damage, public order etc.

Well-being: Explores personal responsibility regarding physical health and how this supports mental health.

Relationships	Keeping Safe	Understanding the Law	Well-being
Who makes up my community?	How can I be a risk detective?	What are protected characteristics? *	How do my choices help me to be healthy?
What is a healthy friendship?	What are hazards in the home?	What is hate crime? *	What are healthy habits?
What is peer influence?	How can we keep safe on the road? *	What is extremism?	Why is food fuel?
How can we be role models?	How can I keep safe in my local area?	How can I protect the environment?	How can I be a hygiene hero?
What is diversity?	What is first aid?		How does school build my character?
What is discrimination? *			

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Year 5

The year 5 lessons have an online focus, ensuring pupils are acquiring the key knowledge and skills needed to navigate the online world. The increased independence and impact of puberty that occurs during upper KS2 is also a key feature.

Relationships: Influence and responsibility remains a key theme, with the added emphasis of online relationships.

Keeping Safe: In alignment with the relationship topic area, online safety is featured, keeping safe whilst out and about is also emphasised in relation to increased independence.

Understanding the Law: In alignment with the previous topic areas, the law in relation to online activity is explored.

Well-being: Emphasises the various factors that impact well-being during upper KS2, with alignment to online factors including potential decreases in physical activity due to time spent online.

Relationships	Keeping Safe	Understanding the Law	Well-being
What is peer pressure? *	How can we keep our things safe? *	What can and can't I do on the internet?	What is my personal identity?
What is media influence?	What are the risks with money?	What is trolling?	How might puberty impact the way I feel?
What are my personal boundaries?	How can we use our phones sensibly? *	What is gambling?	How might being online impact the way I feel?
What are online friendships?	What are deep fakes?	What are online purchases?	How might my activity levels impact the way I feel?
What is grooming? *	How can I report an online worry?		How might school impact the way I feel?
How do words have power?	What is independence?		

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Year 6

The year 6 lessons explore more mature themes across all knowledge areas, there is also a clear transition focus to help ensure pupils are equipped with the skills and knowledge needed to navigate secondary school effectively.

Relationships: Emphasising the relationship skills needed to navigate secondary school as well as further exploring themes of discrimination.

Keeping Safe: Exploring more mature themes which could arise due to increased online usage and independence.

Understanding the Law: Emphasising the different types of crime with a focus on crime types most common with this age group. Marriage is also included as a safeguarding theme relating to law.

Well-being: In alignment with the previous topic areas. There is a focus on ensuring pupils know how to seek support and handle transition. There is also emphasis of looking to the future, ahead of leaving primary school and embarking on the next stage of education.

Relationships	Keeping Safe	Understanding the Law	Well-being
What is my relationship with authority?	What is spiking? *	What different types of crime are there? *	What does 30 look like?
What is a debate?	What is the issue with addiction? (Vaping/smoking)?*	What is shop theft? *	How can I re-frame my thinking?
What is sexism?	Why do we have age restrictions for screen time? (Gaming/TV)	What is anti-social behaviour? *	How can I seek support for my mental health?
What is racism?	How is my data shared?	What is a weapon?	How can I cope with leaving school?
What is homophobia?	What is Female Genital Mutilation (FGM)?	What does the law say about legal drugs?	
How can I get ready for secondary relationships?		What does the law say about marriage?	

Key Stage 2 Passport

Our Passport lessons may be taught at any point during the Key Stage to assess how pupils are developing in each of our Passport areas.

What is empathy?	What is future planning?	What is resilience?	What is self-worth?
What is fact finding?	What is informed decision-making?	What is respect?	What is risk?