## EYFS & Key Stage 1

## **Pol-Ed Lessons**

† = Coming to pol-ed.co.uk soon



	Relationships	Keeping Safe	Understanding the Law	Well-being
EYFS Passport	What are emotions	? What is empathy?		What is respect?
	What is self-worth?	What is resilience?		What is risk?
	How can I be a good friend?	How can I play safely?	What are rules?	How can I be a germ buster? †
FS	How can I make other children feel happy?	How can I keep safe at school?	What are consequences?	How does food help me? †
EYFS	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? <sup>+</sup>
	How can adults at school help me?		Who are the police and how do they help us?	
	How can I be an ally?	How can I keep safe in new places?	How can I be responsible?	What makes me special? †
	How can I make friends?	How can I speak up?	What can happen when rules are broken?	What do feelings feel like? †
Year 1	What if my friends are making me feel sad?	How can I use things at home safely?	What do the police do?	How can I share my feelings? †
Yec	What is bullying?	What is 999?	Why have different rules in different places?	How can I be an empathy expert? †
	Why are safe hands important?	What is private information?		
	Why is name calling unkind?	Who are my trusted adults?		
	How are we the same? How are we different?	How can I keep safe online?	What are needs and wants?	How can I deal with change? †
	How can I work with different people?	What are different types of meetings?	What is a job?	What does it mean to be healthy? †
Year 2	How do I share family worries?	What are medicines?	What is money?	How can I look after my body? †
	What is a family?	What are private body parts?	What is the internet?	Why is sleep important? +
	Why are relationships important?	What is fire safety?	Why does age matter?	When do I need to take a break? †
KS1 Passport	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?



	Relationships	Keeping Safe	Understanding the Law	Well-being
Year 3	How should we treat people?	How can I share my worries?	How can I be a responsible citizen?	What is mental health? +
	What can I do when friendships go wrong?	What are emergency services?	How do we enforce the law?	What am I good at? †
	What do we mean by consent in friendships?	What are emergency situations?	What are children's rights?	How can intense feeling feel? <sup>+</sup>
	What is bullying?	What do we mean by risk?	What is the law and why do we have it?	What words can I use to talk about my feelings? *
	Who are my key people?	When should I break a secret?		How does school help me? +
	How can we be role models?	How can I keep safe in my local area?	How can I respect my environment?	How do my choices help me to be healthy? *
	What is a healthy friendship?	How can we keep safe on the road?	What are protected characteristics?	What are healthy habits? *
Year 4	What is discrimination?	What are hazards in the home?	What can I be?	Why is food fuel? *
Yec	What is diversity?	What is first aid?	What is hate crime?	How can I be a hygiene hero? †
	What is peer influence?	Who do I encounter?		How does school build my character? †
	Who makes up my community?			
	How can my adult relationships affect my future?	How can we keep our things safe?	How do rules help our community?	What is my personal identity? †
	How do words have power?	How can we use our phones sensibly?	What can and can't I do on the internet?	How might puberty impact the way I feel? *
ī	What are my personal boundaries?	What are deep fakes?	What is gambling?	How might being online impact the way I feel? *
Year 5	What are online friendships?	What are the risks with money?		How might my activity levels impact the way I feel? †
	What is grooming?	What do I know about drugs?		How might school impact the way I feel? *
	What is media influence?	Why are our special people important?		How can drugs and alcohol make people feel? +
	What is peer pressure?			
	How can I get ready for secondary relationships?	How is my data shared?	What different types of crime are there? †	What does 30 look like? *
	How can we be allies against racism?	What is spiking? +	What does the law say about legal drugs?	How can I re-frame my thinking? †
Year 6	How can we challenge sexism?	What is the issue with addiction? (Vaping/ smoking)?	What does the law say about marriage?	How can I seek support for my mental health? †
	How can we respect different relationships?	Why does media have age restrictions?	What is a weapon?	How can I cope with leaving school? +
	What is a debate?	Bonfire Night Lesson	What is antisocial behaviour?	
	What is my relationship with authority?	Halloween Lesson	What is shop theft?	
KS2 Passport	What is empathy?	What is future planning?	What is resilience?	What is self-worth?
K! Pass	What is fact finding?	What is informed decision- making?	What is respect?	What is risk?



	Relationships	Keeping Safe	Understanding the Law	Well-being
	Is this banter or bullying?	How do we balance independence and risk?	What is the age of criminal responsibility?	What range of emotions are there? +
	What is child on child abuse?	How can we be responsible road users?	What are protected characteristics?	What are my strengths? +
Year 7	How do I deal with conflict?	What is an addiction?	What is hate crime?	What are my areas to develop? <sup>+</sup>
Yeo	How can we deal with friendships breaking down?	What is vaping all about?	What is anti-racism?	What influences my health choices? †
	Why is trust important?	How do I report a concern?	What is LGBTphobia?	
			How can it feel to witness a crime?	
	Are we responsible with social media?	What happens if there is an emergency at school?	What does the law say about the possession of drugs?	How can viewing violent content make us feel? †
	How do I deal with unplanned encounters?	How safe are legal drugs?	What is stop and search?	How does social media make me feel? <sup>+</sup>
Year 8	How can I deal with my friends using drugs and alcohol?	What is sextortion?	What are E-Rides?	How can drugs and alcohol impact the way we feel? †
Yec	What are red flag in relationships (friendship & romantic)?	What are deep fakes?	What is phishing and hacking?	What is anxiety? *
		What are my algorithms?	What are threatening behaviours?	What is depression? †
			What is money laundering?	
	What is consent in a relationship?	What is child criminal exploitation?	What do we mean by intimidation?	What is expected of me? +
	What is sexism?	What makes a gang a gang?	What is anti-social behaviour?	How do I deal with setbacks? †
Year 9	What is child sexual exploitation?	What are the links between gaming and grooming?	What is victim support?	What are my coping strategies? †
	What's the issue with nudes?	What are microtransactions (gaming)?	What are county lines?	What is self-harm? †
	How does the media portray sex and relationships?	What is asphyxiation?	Can I legally get contraception?	What is mental health stigma? <sup>+</sup>
KS3 Passport	What is empathy?	What is future planning?	What is resilience?	What is self-worth?
KS Pass	What is fact finding?	What is informed decision- making?	What is respect?	What is risk?

## Key Stage 4 & Key Stage 5

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	Relationships	Keeping Safe	Understanding the Law	Well-being
Year 10	What are my relationship values?	How can we approach new situations?	What is extremism?	What are my well-being warning signs? †
	What is emotional abuse?	How can we be street savvy?	What is radicalisation?	How can I take responsibility for my health? +
	What is incel culture?	Why is fighting not the answer?	Is it OK to protest?	How can I manage my time effectively? †
	What is toxic culture?	What are the risks of carrying a knife?	What are public order offences?	How can I demonstrate assertiveness? †
	What is image based sexual abuse?	What first aid is useful to know?	How can we balance freedom with the law?	
		How can I get help when there are legal consequences?		
	What are sexual offences?	What can go wrong when using substances?	What are mitigating factors?	What are life changes? †
	What is victim blaming?	What is the issue with lending money?	What is culpability and harm?	How can I cope with exams? +
11	What is the difference between an arranged and a forced marriage?	How can I avoid financial exploitation?	What does the law say about contraception?	What does it mean to catastrophise? †
Year 11	What is the influence of porn on relationships?	When is gambling problematic?	What does the law say about pregnancy and STIs?	How do I feel about leaving school? †
	Substance abuse and relationships, so what?		What does the law say about getting a job?	What makes me employable? <sup>+</sup>
	What is my relationship with AI?			
KS4 Passport	What is empathy?	What is future planning?	What is resilience?	What is self-worth?
K! Pass	What is fact finding?	What is informed decision- making?	What is respect?	What is risk?
	How do we manage stages of intimacy?	What does car safety mean for new drivers?	What to do if you suspect a sexual offence?	How can I get support for my mental health? †
	Who are you?	What are your responsibilities as a passenger?	What is fair and legal about making money?	How can I take responsibility for my physical health? +
	Who are your people?	How do we manage independence?	Why are employment contracts important?	How can I evidence my strengths? <sup>+</sup>
t-16	How to spot and respond to coercive control.	How do I manage my personal safety?	What is the impact of a criminal record?	
Post-16	How should we end romantic relationships?	How do we manage other adults?	Too good to be true? (Scams etc.)	
	How do we develop our online brand?	What happens in sexual health services?		
	What is harassment?	How do we manage cyber security?		
		What is stalking?		