



Respect, Believe, Achieve

Year 2 Aiming High

Internet Safety, Physical Health and Fitness and Healthy Eating



Websites and Signposting

[Change for Life Website](#) – Ideas for 10 minute shake up games

[GoNoodle website](#) — Videos to follow to keep active from mindfulness to full work outs.

[UK Safer Internet Centre Website](#)— Information—Why do some apps ask for my age?

What do I already know?

- That for most people the internet is an integral part of life and has many benefits. (Y1)
- About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. (Y1)
- How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. (Y1)
- About personal hygiene and germs including bacteria, viruses, how they are spread and treated and the importance of handwashing. (Y1)

Key Words

Active Lifestyle	Moving regularly throughout the day in different ways
Healthy Diet	Eating a variety of foods
Age Restricted	A rule in place to stop people who are too young accessing something

