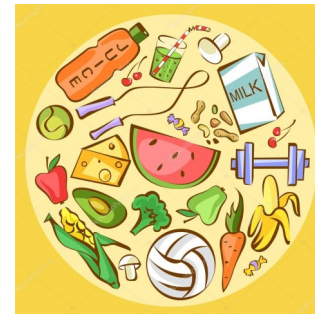




Respect, Believe, Achieve

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

	Key Skills
	Identify – can talk about what a healthy lifestyle needs including diet and exercise.
	Communicate – can talk about what is needed for a healthy lifestyle and what happens when this does not happen.
	Respect – can respect the decision for age restricted online platforms and understand the need for this.



Key Knowledge
<ul style="list-style-type: none"> • The characteristics and mental and physical benefits of an active lifestyle. • The importance of building regular exercise into daily and weekly routines and how to achieve this; eg. walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. • The risks associated with an inactive lifestyle (including obesity). • What constitutes a healthy diet (including understanding calories and other nutritional content). • The principals of planning and preparing a range of healthy meals. • The characteristics of a poor diet and risks associated with unhealthy eating (including obesity and tooth decay). • Why social media, some computer games and online gaming, for example are age restricted.

Here's what I will know/be able to do by the end

1. I can identify the characteristics of a healthy lifestyle including diet and exercise.
2. I can talk about what happens when healthy choices are not made.
3. I know why some online platforms are age restricted and can follow the rules that are in place to keep me safe.