



HAYES MEADOW PRIMARY SCHOOL
ONLINE SAFETY KNOWLEDGE AND SKILLS



Unit 6 – Health Wellbeing and Lifestyle – Taught through PSHE curriculum (Happy and Healthy Me)			
Reception	Year 1	Year 2	
<ul style="list-style-type: none"> Identify rules that help keep us safe and healthy in and beyond the home when you are using technology. Give some simple examples of these rules. Apply these rules during your play. Link feelings to your online experiences. 	<ul style="list-style-type: none"> Identify rules that help keep us safe and healthy in and beyond the home when using technology. Give some simple examples of these rules. Explain rules to keep yourself safe when using technology both in and beyond the home. 	<ul style="list-style-type: none"> Explain simple guidance for using technology in different environments and settings (e.g. accessing online technologies in public places and the home environment). Say how those rules/guides can help anyone accessing online technologies. 	
Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> Explain why spending too much time using technology can sometimes have a negative impact on anyone (e.g. mood, sleep, body, relationships). Give some examples of both positive and negative activities where it is easy to spend a lot of time engaged (e.g. doing homework, games, films, videos). Explain why some online activities have age restrictions, why it is important to follow them and know who you can talk to if others pressure me to watch or do something online that makes me feel uncomfortable (e.g. age 	<ul style="list-style-type: none"> Explain how using technology can be a distraction from other things in a positive and negative way. Identify times or situations when someone may need to limit the amount of time they use technology. For example, suggest strategies to help with limiting this time. 	<ul style="list-style-type: none"> Describe ways technology can affect health and well-being positively (e.g. mindfulness apps) and negatively. Describe some strategies, tips or advice regarding technology to promote health and wellbeing. Recognise the benefits and risks of accessing information about health and well-being online and how we should balance this with talking to trusted adults and professionals. Explain how and why some apps and games may request or take payment for additional content (e.g. in-app purchases, loot boxes) and explain the importance of seeking permission from a trusted adult before purchasing. 	<ul style="list-style-type: none"> Describe common systems that regulate age-related content (e.g. PEGI, BBFC, parental warnings) and describe their purpose. Recognise and discuss the pressures that technology can place on someone and how and when they could manage this. Recognise features of persuasive design and how they are used to keep users engaged (current and future use). Assess and action different strategies to limit the impact of technology on health (e.g. night-shift mode, regular breaks, correct posture, sleep, diet and exercise).

restricted gaming or web sites).			
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