

PSHE and Computing
E-Safety Week

Monday 8th February 2021

LC: Understand that for most people the internet is an essential part of life and has many benefits

LC: Understand that a balanced lifestyle includes thinking about time spent online

Now more than ever, you are spending time working online and looking at screens so it is important to make sure that you are getting outside and getting active, looking after your mental and physical wellbeing. This is why we have a screen free afternoon every week!

This afternoon, I would like you to complete the following tasks but please remember to take a break away from the screen in between.

1) Please watch the video 'But What Even Is the Internet?'

Use the following link to access the video:

<https://www.youtube.com/watch?v=xxEJ2k0HuJg>

2) Consider the ways in which you use the internet to communicate. Please complete the survey for yourself then use the spare surveys to ask an adult, or any other members of your household.

3) Watch the video 'Hey! Time's Up, Gran!'

Use the following link to access the video:

https://www.youtube.com/watch?v=_tf2r0WTFKo

4) Read the information about Children's Screen Time.

5) Read and complete the questions in the 60 second reads 'Children's Screen Time'.

6) Have a go at making a poster to show the benefits and negatives of using the internet.

Most importantly - Get outside and have some fun!

