

**Cambois Primary School.**

**Computer Progression Document.**

Digital Literacy/E safety Education for a connected world KS2 only			
Year Group	NC Objectives	Health, well being and lifestyle.	Apps and Links
3	Co2/1.4 understand computer networks including the internet; how they can provide multiple services, such as	<ul style="list-style-type: none"> <li>I can explain why spending too much time using technology can sometimes have a negative impact on me; I can give some examples of activities where it is easy to spend a lot of time engaged (e.g. games, films, videos).</li> </ul>	
4	the world-wide web; and the opportunities they offer for communication and collaboration Co2/1.5 use search technologies effectively, appreciate how results are selected and ranked, and be discerning in evaluating digital content	<ul style="list-style-type: none"> <li>I can explain how using technology can distract me from other things I might do or should be doing.</li> <li>I can identify times or situations when I might need to limit the amount of time I use technology.</li> <li>I can suggest strategies to help me limit this time.</li> </ul>	
5	Co2/1.7 use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report	<p>I can describe ways technology can affect healthy sleep and can describe some of the issues.</p> <ul style="list-style-type: none"> <li>I can describe some strategies, tips or advice to promote healthy sleep with regards to technology.</li> </ul>	
6		<p>I can describe common systems that regulate age-related content (e.g. PEGI, BBFC, parental warnings) and describe their purpose.</p> <ul style="list-style-type: none"> <li>I can assess and action different strategies to limit the impact of technology on my health (e.g. nightshift mode, regular breaks, correct posture, sleep, diet and exercise).</li> <li>I can explain the importance</li> </ul>	

	concerns about content and contact.	of self regulating my use of technology; I can demonstrate the strategies I use to do this (e.g. monitoring my time online, avoiding accidents ).	
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