Medium term plan: Year 1

Autumn 1	Autumn 2	Spring 1
Developing online safety guidelines	**Social and emotional wellbeing and developing resilience**	**Responsible internet use**
	Anti-bullying week (mid–late November)	Safer Internet Day (early February)
Start of year online safety assembly (see page 11) **Unit 1.1 - We are Year 1 rule writers** Creating rules that help us stay safe online	**Unit 1.2 – We are kind and thoughtful** Understanding the impact of our behaviour on others	**Unit 1.3 – We are responsible internet and device users** Remembering to take time out from technology
Unit summary Children help to develop a simple set of age appropriate rules to establish a working framework for online safety for school and home during Year 1.	**Unit summary** Children carry out an experiment with two apples to see the impact of unkind behaviour.	**Unit summary** Children consider how much time they spend using devices and come up with ideas for other activities that they might do instead.
Online safety focus: • understand that rules help us stay safe, both in the real world and online. • suggest strategies for staying safe in different online scenarios. • help to develop a set of online safety rules that are easily understood and appropriate for Year 1.	**Online safety focus:** • understand that unkind behaviour online can affect other people, even though we can't see them. • understand that the rules created in Unit 1.1 can be applied to any concerns they may have about their online activities.	**Online safety focus:** • learn the very basic principles of what the internet is. • understand how people use the internet. • understand that using computer devices too often can be bad for us and we should take time out form technology to do other things. • discuss what to do if they see or hear something online that upsets them.
My Rising Stars resources ⭐ *What would you do?* (.mp4) ⭐ *Online safety rules* template (.pdf)	**My Rising Stars resources** ⭐ *My worry box* (.pdf)	**My Rising Stars resources** ⭐ *How do I use the internet?* (.pdf)

Spring 2	Summer 1	Summer 2
Keeping information safe	**Digital citizenship**	**Playing games and having fun**
	ChildNet Film Competition (competition entries deadline mid-June)	
Unit 1.4 – We are information protectors Understanding what is meant by personal information	**Unit 1.5 – We are good digital citizens** Finding out what it means to be a good digital citizen	**Unit 1.6 – We are responsible gamers** Learning how to stay safe when playing online games
Unit summary Children will find out what is meant by 'personal information' and how this should always be kept private.	**Unit summary** Children find out what is meant by 'digital citizen' and develop an awareness that good digital citizenship is important wherever technology is used.	**Unit summary** Children learn the importance of gaming in a shared space and of taking breaks from gaming.
Online safety focus: • understand what is meant by 'personal information'. • recognise that anyone online who we don't know in real life is a stranger. • understand how we can protect our personal information, including reporting worries to trusted adults.	**Online safety focus:** • understand what is meant by 'digital citizen'. • understand how to be responsible, respectful and safe online. • understand that being a good digital citizen means having a kind heart, a warning tummy and a thinking brain; all things that keep us safe online. • recall what to do if something happens online that makes them feel uncomfortable – building on *Unit 1.4 – We are information protectors* lesson.	**Online safety focus:** • understand the importance of playing games in shared spaces where grown-ups are available for support. • understand the importance of taking breaks away from technology.
My Rising Stars resources ⭐ *Information cards* (.pdf) ⭐ *Information protector pants* (.pdf) ⭐ *Family online action plan template* (.pdf)	**My Rising Stars resources** ⭐ *My digital citizen* (.pdf) ⭐ *What is a good digital citizen?* (.mp4)	**My Rising Stars resources** ⭐ *Safe gaming agreement* (.pdf)