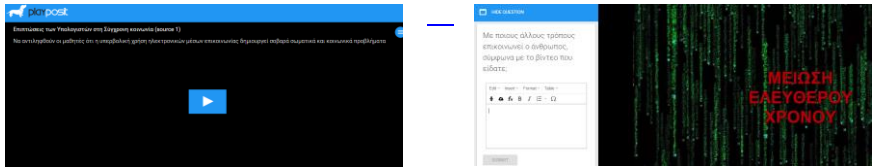


Inspiring Teaching practice example

The effects of excessive use of ICT on your health

Author	George Poullados - Cyprus
Title	The effects of excessive use of ICT on our health
TET-SAT Area	Digital Citizenship
Number and name of the illustrated competence	Question 29. Adopting practices that avoid threats to physical and psychological welfare
Estimated level for this competence	Proficient
Learning outcome(s) associated with it	The students are expected to become more aware of the negative effects associated with the excessive use of this technology and specifically the effects it may have on their health as well as its overall psychological impact.
Type or name of ICT used	The students engage in watching a video on the topic and answer relevant questions as the video progresses. They interact through a website called Playposit .
What you do that meet this level	Each student is sent an email with a link. The link prompts them to connect to it. After signing up and logging in (only for the first time), they each watch a video and answer relevant questions as the video progresses. The video is carefully selected from the vast number of relevant videos available on “you tube”. The answers are recorded, evaluated and feedback is given for each case.
Image or link to the example	https://www.playposit.com/delivery/379331/691638/- 
Draft actions to move to the next level	Somehow get the whole school involved in using computer interactive learning