

Outdoor Safety - Lesson Plans

Activity 3- Keeping safe in the sun

Curriculum for Excellence Experiences and Outcomes

I am learning to assess and manage risk, to protect myself and others and to reduce the potential for harm when possible. **HWB 0-16a.**

1. Connecting the Learning - Recall the lesson on safe and unsafe places and ask if the class can remember any examples. Explain that sometimes the weather can make playing outdoors less safe, especially if it is a very hot, sunny day. Ask if anyone knows why this might be.

2. Sharing the Learning Outcomes -

- I can explain why it is dangerous to stay out in the sun unprotected
- I can list ideas for keeping safer in the sun

3. Active Learning - Explain to the class that it is important for everyone to enjoy the sun but it can burn their skin. It is a special kind of burn that could make them ill when they are older. (Skin cancer) Tell the class the three important steps to stop sunburn:

- Cover up with clothing and a hat
- Spend time in the shade, especially when their shadow is shorter than they are
- Wear at least factor 15 sunscreen and apply it often

Use the online activity to let children practice getting Harris ready for playing outside in the sun. During the game, remind children of the need to have a bit of shade, under a tree or sun umbrella, when playing and to get an adult to help them put on sunscreen as it is difficult to reach the back of the neck and arms, which often get sunburnt.

4. Demonstrating Understanding - Children could mime putting on different items for sun protection, e.g. sunglasses, and rest of class have to guess which item. There is a downloadable drawing of Harris dressed for the sun, which could be copied for each child. The class have to design exciting T shirts, sunglasses, etc. using bright colours.

5. Review and Recall - Ask a selection of children to show their pictures of Harris and point to the different sun protection items, asking, 'What is this for?' 'How does this help Harris in the sun?' 'What would happen to Harris if he wasn't wearing this?'