

Outdoor Safety - Lesson Plans

Activity 3- Sun Safety

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 2-16a.**

1. Connecting the Learning - Remind the class of the 'Sun Smart' messages they have learnt in previous lessons (Early Level) – 1. Cover up with clothing, hat and sunscreen. 2. Wear at least factor 15 sunscreen, apply it generously and regularly. 3. Spend time in the shade, especially when your shadow is shorter than you are. Explain that in this lesson they are going to look at the reasons for these messages and what the dangers are to your skin.

2. Sharing the Learning Outcomes -

- I can describe the long term dangers of sun damage
- I can explain how to prevent the sun damaging my skin

3. Active Learning - Watch the explanation animation on the Sun Safe website. This shows how sunburn differs from a normal burn to the skin.

<http://www.sunsmart.org.uk/advice-and-prevention/sunburn>

Go through each of the Sun Smart rules and ask the class if they can explain why they are so important. Do the class think there are any variations to the rules? For example, would they still apply to people with darker skin types? Does it matter what time of year it is? What type of people are most at risk? Look at the Sun Smart website with the class to research the answers.

Ask the children if they can think of places in their school grounds where they could find shade at play time. Could they design a shelter?

4. Demonstrating Understanding - Ask the children to work in pairs or small groups to design a poster, TV or online advert to warn children (and parents of young children) of the risks of sun damage. Use the online design brief to help them. Their challenge is to make wearing sunscreen 'cool' so that children will want to use it.

5. Review and Recall - Using the Learning Outcomes, ask the class to work in pairs to make a mind map showing what they now know about the dangers of the sun. Have time to review a few of the mind maps.