














Seasonal Changes (Spring to Summer): Staying Safe in the Sun

<p>Aim: Observe and describe weather associated with the seasons in the context of the summer sun. I can explain how to stay safe in the sun.</p> <p>National Curriculum Note: Pupils should be warned that it is not safe to look directly at the sun, even when wearing dark glasses.</p>	<p>Success Criteria: I can tell you why it is important to stay safe in the sun. I can tell you three different ways to stay safe in the sun. I can tell you why it is not ever safe to look directly at the sun.</p>	<p>Resources: Lesson Pack</p>
	<p>Key/New Words: Sun, rays, safe, safety, sun cream, sunglasses, sun hat, shade, water, hydrated, dehydrated, protect.</p>	<p>Preparation: Safety in the Sun Activity Sheet - 1 per child</p>

Prior Learning: Children will have learnt about weather in the summer in lesson 5.

Learning Sequence

	<p>Summer Sun: Children discuss with a partner their experiences of playing outside during the summer. Use the questions on the Lesson Presentation to help structure their discussion.</p>	
	<p>Staying Safe in the Sun: Discuss all the different activities which children typically do during the summer, such as playing in the park, in the paddling pool, having a barbeque or playing on the beach. Ask children what they could do to keep themselves safe in the sun. Are children aware of any ways they can stay safe in the sun?</p>	
	<p>Be Prepared! Discuss all the steps children can take to protect themselves in the sun. Go through all the different protection strategies and explain how they protect you from the sun and why they are important to do. Can children say why it is important to stay safe in the sun? Can they explain why it's never safe to look directly at the sun?</p>	
	<p>Safety in the Sun: Children complete the differentiated Safety in the Sun Activity Sheet. Can children tell you why it is important to stay safe in the sun? Are children able to tell you three ways to stay safe in the sun?</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div data-bbox="213 1256 576 1359">  <p>Children add pictures onto the child to show ways to stay safe in the sun.</p> </div> <div data-bbox="612 1256 936 1359">  <p>Children create a poster to remind others how to stay safe in the sun.</p> </div> <div data-bbox="1011 1256 1351 1359">  <p>Children match the picture with the sentence describing its purpose.</p> </div> </div>	
	<p>Staying Safe in the Sun Quiz: Complete the quiz on the Lesson Presentation, discussing the answers as you go. Can they explain why it's never safe to look directly at the sun?</p>	

Taskit

Chooseit: Children could use the Sun Safety and Paste Activity to choose the items which would protect them from the sun and pack these in the suitcase.

Writeit: Children could write their own information leaflet explaining why it is important to stay safe in the sun and showing different ways to do this.

Paintit: Children could paint their own pictures showing different ways to stay safe in the sun.



Science

Seasonal Changes
(Spring and Summer)

Staying Safe in the Sun



Aim

- I can explain how to stay safe in the sun.

Success Criteria

- I can tell you why it is important to stay safe in the sun.
- I can tell you three different ways to stay safe in the sun.
- I can tell you why it is not ever safe to look directly at the sun.

Summer Sun



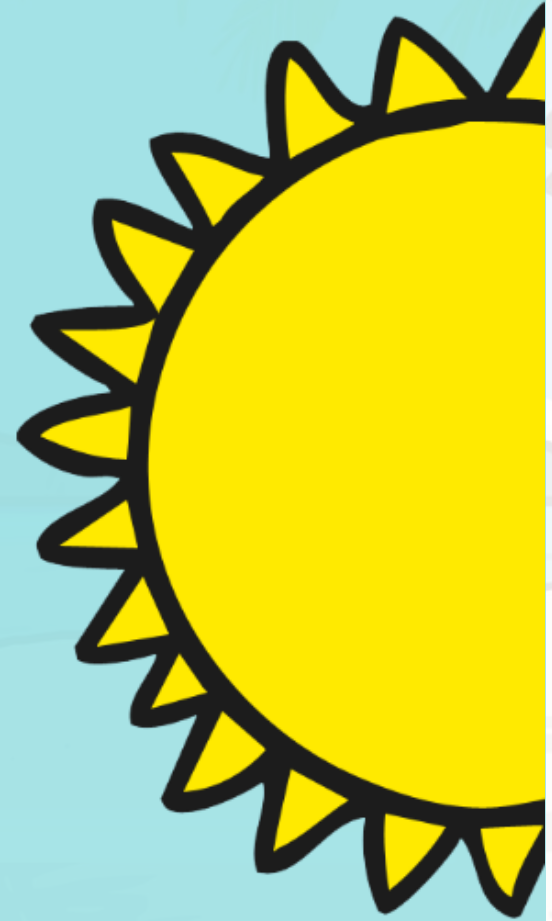
Talk to a partner about playing outside in the summer. Use these questions to help you:

What do you do outside in the summer?

What do you wear outside in the summer?

Do you do anything before you go to play outside?

What should you do if you get too hot outside?



Staying Safe in the Sun



Sunshine is great because warmer weather means we can enjoy doing lots of different things outside in the summer!

The sun gives out rays of light and warmth. Some rays we can see but some rays are invisible. These invisible rays can cause sunburn and damage humans' skin and eyes, so it's really important to make sure we protect ourselves.

What do you think we could do that would help keep us safe in the sun?



Be Prepared!



Be Prepared! Clothes

Wear clothes which will protect large areas of your body.



Be Prepared! Sun Cream

Put sun cream on exposed skin before going outside to protect against sunburn. Remember to reapply it when needed.



Be Prepared!

Sun Hat

Wear a sun hat with a wide brim to protect your face and neck.



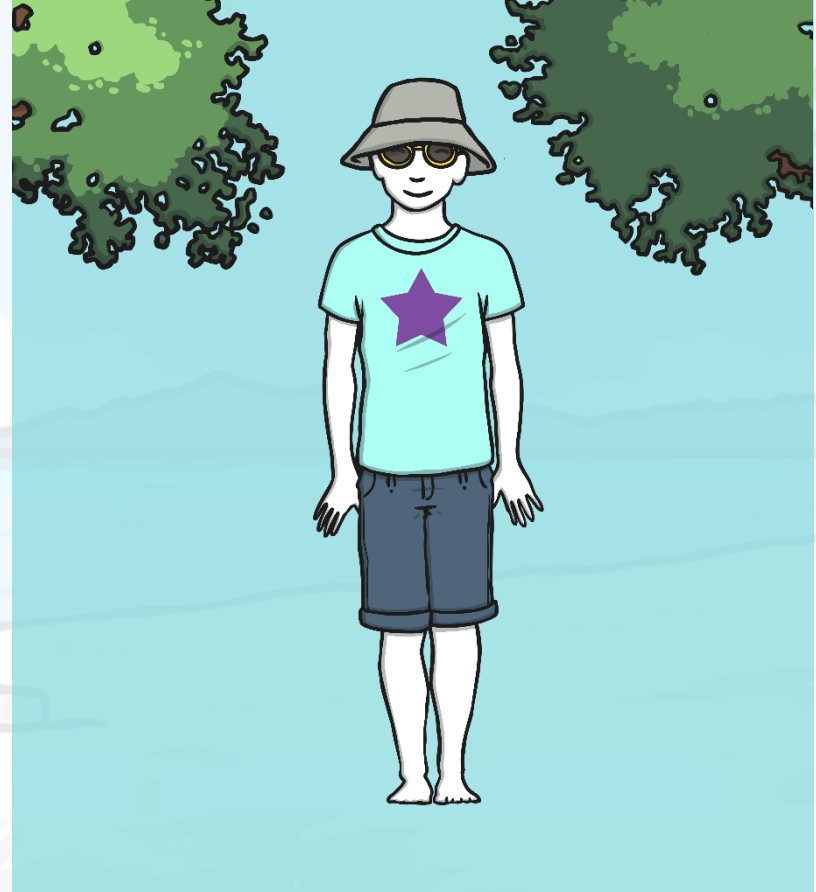
Be Prepared! Sunglasses

Wear sunglasses to protect your eyes from the strong and invisible rays the sun gives out.



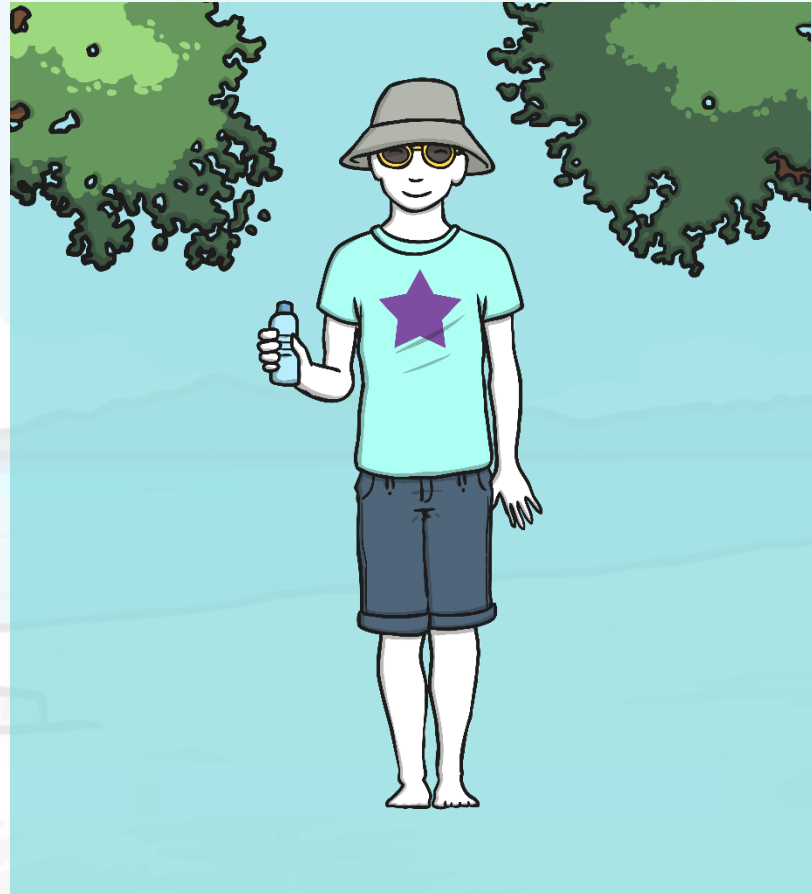
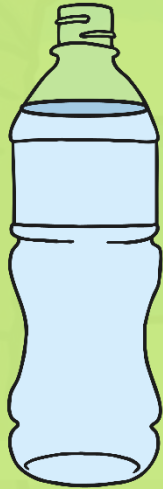
Be Prepared! Shade

Play in the shade, especially between 11 o'clock in the morning and 3 o'clock in the afternoon, as this is the hottest part of the day.



Be Prepared! Water

Drink lots of water to keep hydrated and replace all the fluids which your body loses through sweating.



Safety in the Sun



<p>★★★</p> <h2>Staying Safe in the Sun</h2> <p>Match the picture with the sentence which describes it.</p>	<p>★★★</p> <h2>Staying Safe in the Sun</h2> <p>Create a poster to remind people how to keep themselves safe.</p>	<p>★</p> <h2>Staying Safe in the Sun</h2> <p>Help this person keep themselves safe in the sun by drawing on pictures of things which would protect them.</p>
	<p>These protect your eyes from UV rays the sun.</p> <p>These protect your head from the sun.</p> <p>This is used to protect your skin from the sun. It can be applied to your skin and then rubbed in.</p> <p>This protects your skin. A good way to protect your head and upper body.</p> <p>This keeps you out of the sun. You might find it under a tree. A good idea to find this way is to find the strongest, between the trees.</p> <p>This keeps you hydrated. Drink lots of this to replace water from your body.</p>	

Staying Safe in the Sun Quiz



1. What does the sun give out?

Click your answer to find out if it's correct.

a) rays of light and snow

b) rays of light and rain

c) rays of light and warmth

d) rays of light and rainbows

Staying Safe in the Sun Quiz



2. What damage can the sun do to humans?

Click your answer to find out if it's correct.

a) kick us

b) burn us

c) bite us

d) swallow us

Staying Safe in the Sun Quiz



3. What can we do to protect ourselves from the sun?

Click your answer to find out if it's correct.

a) wear sun cream, a sun hat and sunglasses

b) wear swimming trunks or a swimming costume

c) wear shorts and t-shirt

d) hold a bottle of water

Aim



- I can explain how to stay safe in the sun.

Success Criteria

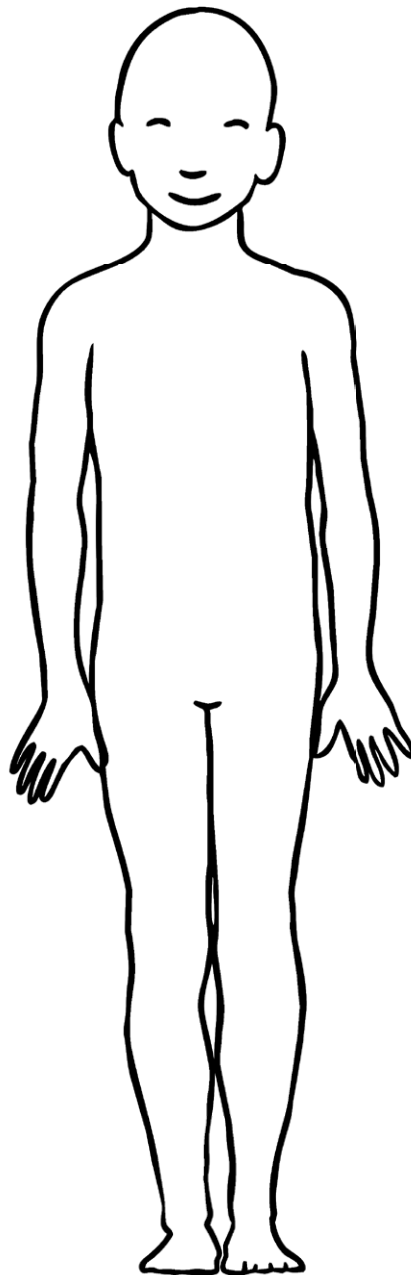
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Staying Safe in the Sun

Help this person keep themselves safe in the sun by drawing on pictures of things which would protect them.





Staying Safe in the Sun

A large, rounded rectangular box with a black outline, intended for drawing or writing. It has three small circles at the bottom right corner, resembling a speech bubble tail.

Create a poster to remind people how to keep themselves safe in the sun.

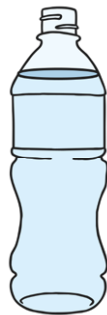
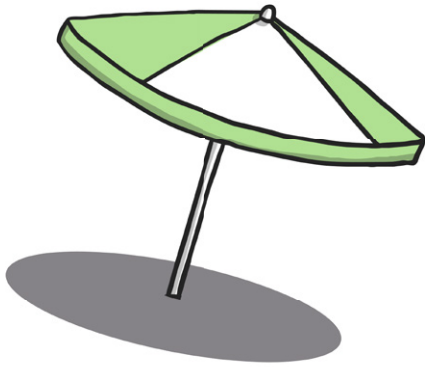
A large, empty rectangular box with a black outline, intended for creating a poster.



Staying Safe in the Sun



Match the picture with the sentence which describes it.



These protect your eyes from the invisible UV rays the sun gives out.

These protect your head, face and neck from the sun.

This is used to protect parts of your body from the sun. It can be sprayed or squirted and then rubbed into your skin.

This protects your skin from the sun. It's a good way to protect your chest, shoulders and upper arms.

This keeps you out of direct sunlight. You might find it under a tree or a parasol. It's a good idea to find this when the sun is at its strongest, between 11am and 3pm.

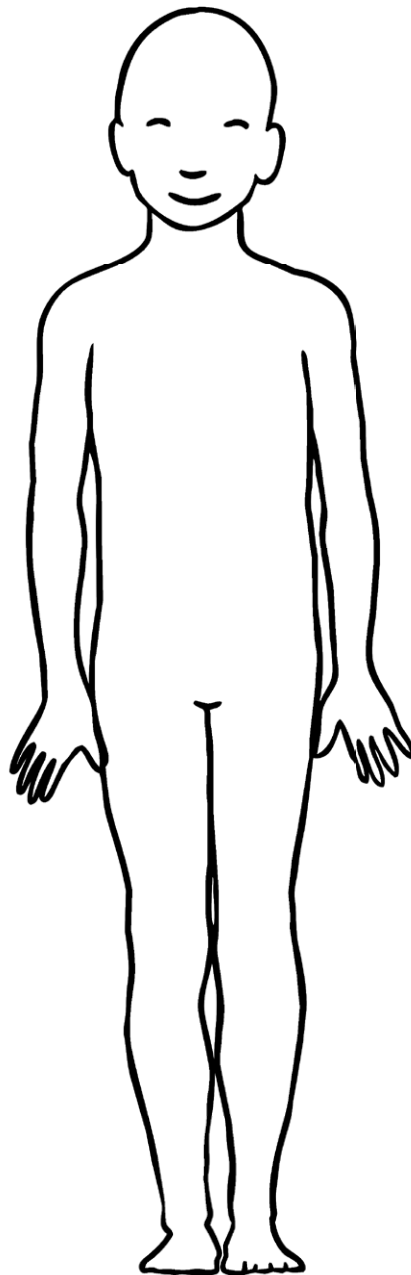
This keeps you hydrated. It is important to drink lots of this to replace all the fluids lost from your body during the day.



Staying Safe in the Sun

A large, empty rounded rectangular box with a thin black border, intended for drawing. On the right side of the box, there are three small circles connected by a line, resembling a speech bubble tail.

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Staying Safe in the Sun

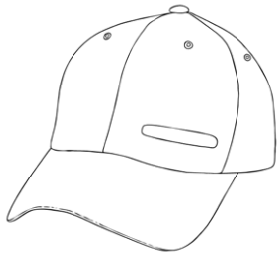
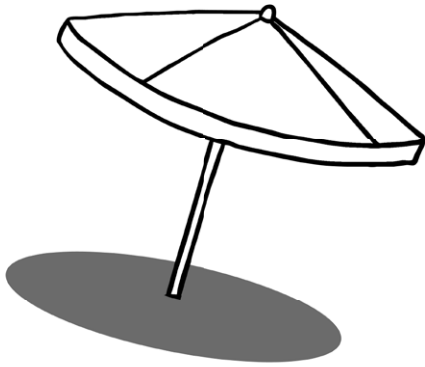
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