

Hero




















villain

Light: Sun Safety

<p>Aim: To recognise that light from the sun can be dangerous and that there are ways to protect our eyes by designing and advertising a pair of sunglasses or a sun hat.</p> <p>I know that light from the sun can be dangerous and that there are ways we can protect our eyes.</p>	<p>Success Criteria: I can explain the benefits and dangers of the sun.</p> <p>I can explain about UV light and its dangers.</p> <p>I can describe ways to protect our eyes from the sun.</p>	<p>Resources: Lesson Pack</p> <p>A mirror per child</p> <p>Coloured paper and card</p> <p>Colouring pens or pencils</p>
	<p>Key/New Words: Light, sun, beneficial, dangerous, glare, bright, damage, UV light, UV rating, visible spectrum, pupil, retina, protect, direct, sunglasses, hat, brim.</p>	<p>Preparation: 'Hero' and 'Villain' Signs placed on opposite sides of the classroom</p> <p>Sun Safety Design Activity Sheet - 1 per child</p> <p>Sun Safety Advert Activity Sheet - 1 per child</p>

Prior Learning: Children will have learned about light sources in lesson 1.

Learning Sequence

	<p>The Sun: Hero or Villain? Ask the children to stand while reading the statements about the sun on the Lesson Presentation. Children sort the statements according to whether they are beneficial or dangerous by moving around the classroom to stand under either the 'Hero' sign or the 'Villain' sign. Address any misconceptions or interesting issues when discussing children's ideas.</p>				
	<p>UV Light: Use the Lesson Presentation to discuss UV light. Explain what it is and its effects.</p>				
	<p>'Seeing' UV Light: Children work in groups to set up a simple investigation into the effects of UV light. They should place card shapes onto coloured paper, then position the paper in sunlight for a week. When they come back to it, the paper around the shapes will have lightened, showing the effects of UV.</p>				
	<p>The Eye: Explain the function of the pupil and the retina using the Lesson Presentation. Ask children to look at their pupil in a mirror, then to close their eyes for 30 seconds. They should then open their eyes to see that the light quickly makes their pupil smaller.</p>				
	<p>Damage: Discuss the damaging effect of bright lights. Emphasise the importance of never looking directly at the sun, or other bright lights.</p>				
	<p>Protecting Your Eyes: Ask children how they think we can protect our eyes from damage from the Sun. Explain ways to keep our eyes safe using the Lesson Presentation.</p>				
	<p>Design Your Own: The children should use their knowledge of the Sun and ways to protect our eyes to design a pair of sunglasses or a sun hat using the Sun Safety Design Activity Sheet. Once they have drawn their sun protection item, they then create an advert for it using the differentiated Sun Safety Advert Activity Sheet, explaining the harmful effects of the sun and how their sunglasses or sun hat protect against them.</p> <p>Look for children who can communicate their understanding of the dangers of the sun and ways to protect our eyes.</p>				
	Children create a poster using the writing frame and prompts.		Children create a poster.		Children create an information leaflet.

Taskit

Makeit: Can you make a poster to explain to people how to be safe in the sun? Explain why the sun is dangerous and what you can do to protect yourself.

Checkit: If you have sunglasses at home, check their UV rating to make sure they will protect your eyes properly.



Science

Light



Sun Safety

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Aim

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Success Criteria

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The Sun: Hero or Villain?



Have you ever been told not to look at the sun?
Is the sun good or bad?

The statements below are all things that the sun does.
For each statement, choose to stand on the 'Hero' side of the classroom or the 'Villain' side of the classroom.

Causes sunburn.

Helps people make
Vitamin D.

Provides warmth.

Causes wrinkles.

Helps plants make
food.

Makes people feel
happier.

Damages the eyes.

Can cause skin
cancer.

Is a source of light.



UV Light

The sun emits (gives out) rays of light.

We can't see all the types of light that come from the sun.

The visible spectrum is the name for the light that we can see, and is made up of the colours of the rainbow:



Another type of light that the sun emits is called UV light.

UV light is invisible to humans, but we can see and feel its effects.



UV Light

Some UV rays are blocked by the ozone layer, but most of the UV light from the sun reaches us on earth.

The amount of UV light that reaches us depends on different things. It is stronger at midday and in the summer.

If there are no clouds there is more UV light.

It also gets stronger nearer to the equator.

The location can make a difference too - water, sand and snow all reflect UV light, making it stronger.

UV light causes sun burn, wrinkles and skin cancer, damages the eyes and can change the colour of some materials.



'Seeing' UV Light



Work in a group to set up an investigation to see the effects of UV light.

1. Cut out several shapes from black card.
2. Place them on a piece of coloured paper, and position them in a sunny spot for a week.
3. When you take the shapes off, you should see that the paper around the shapes has changed colour slightly.
4. The paper under the shapes will still look the same.
5. The UV light could not get to the paper under the shapes, so the paper under the shapes has not been damaged by the UV rays.



'Seeing' UV Light



The eye is made to let light in; this is how we see.

Look in the mirror. Can you identify your pupil? It looks like a black circle.

Light enters the eye through the pupil.

Look closely at your pupil in the mirror.
Close your eyes for 30 seconds, then
open them and look at your pupil.
What do you notice?

The pupil grows bigger in the dark to
allow more light to enter the eye, and
gets smaller in bright light.





The Eye

If too much light comes through the pupil, it can damage the retina.

It causes pain, so that you instantly close your eyes, or turn away from a bright light.

It is very important that you never look directly at the sun, as the light can damage your eyes very quickly.

Bright lights indoors can also damage your eyes, so you should never look at them, or shine lights into anyone's eyes.



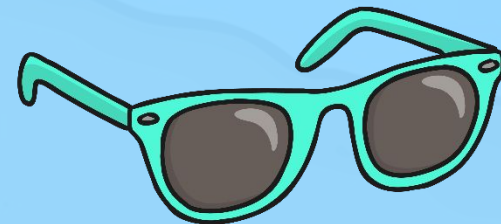


Protecting Your Eyes

To protect your skin from UV rays, you can cover up or wear sun cream. But what can you do to protect your eyes?

There are several things you should do to protect your eyes from the sun or other bright lights.

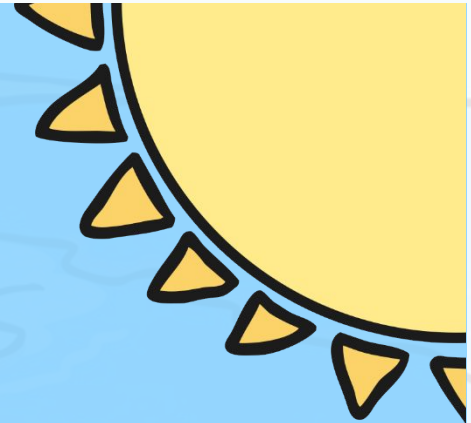
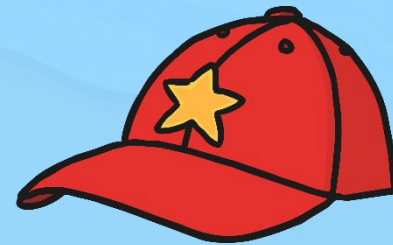
- You should wear sunglasses when out in the sun. Sunglasses have a UV rating to show how well they block UV rays. Make sure you get sunglasses with a high UV rating.
- Some sunglasses don't have a UV rating - these are really just toy sunglasses and don't protect your eyes. In fact, because they have dark lenses but no UV filter, the pupil opens wider, actually letting in more UV rays!





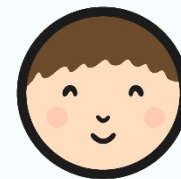
Protecting Your Eyes

- Wrap around sunglasses are best, as they cover more of the eye.
- You can also wear a hat with a wide brim to shade your eyes.
- Make sure you have regular eye tests to check your eyes.
- Even if you are wearing sunglasses and a hat, you should still never look directly at the sun.



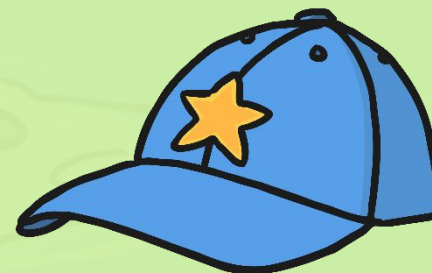


Design Your Own!



Now you know how the sun can damage your eyes, and how to protect your eyes.

Your task is to design a pair of sunglasses or a hat that will protect someone's eyes from the harmful effects of the sun.



You should also advertise your sun protection item!

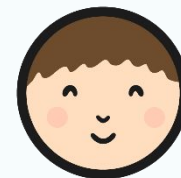
Tell your customers why they need to buy your sunglasses or hat.



Explain about the effects of the sun, and how your sunglasses or hat can help protect against them.



Design Your Own!



Sun Safety Design

Design a pair of sunglasses or a sun hat that will protect your eyes in the Sun.

Blank area for drawing the sun safety design.



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