

Stay SUN SENSIBLE THE AUSTRALIAN Way!

While teachers, naturally, have an important role to play in explaining the dangers of the sun's UV rays and discussing sun protection, talking about skin cancers and sun protection is also relevant to different subjects and learning stages.

The PCHSE syllabus,¹ for example, stresses the importance of positive health choices, with sun protection a good example as the topic is suitable for all ages, easy to understand and shows how small changes in behaviour can make a big difference to later life.

Sun protection and skin cancers also fit into the science curriculum. This could be talking about the importance

of SPF in sunscreens and how the body reacts to sun exposure; UV rays as a source of radiation; the properties of materials (shade, reflection and absorption); and the environment or biology.

Why not make the topic a classroom display, too? You could also include references to Australia and koalas to reflect the campaign's mascot. You can also go to www.sunsense.co.uk to watch our animated video, starring Sunny the koala, for inspiration.

Here are some more specific lesson plan ideas for KS1 and KS2.

LESSON PLAN IDEA – KS1

Sun Sensible the Australian way!

An activity to encourage children to think about how they should cover up to play outside in the sun; it will help them understand what it's like to live in a very hot country, the type of clothes to wear in the sun, where they need to apply sunscreen and reinforce our sun sensible message.

Curriculum links

English – Speaking & Listening
PCSHE

Lesson outline

Play the animated video of Sunny the Koala bear (available to download at www.sunsense.co.uk), then ask the children if they've ever been anywhere hot,

like Australia. See if they can remember Sunny's advice for staying safe in the sun.

Explain to them that the sun is equally dangerous no matter *where* you are in the world, and drive home the importance of covering up with clothing, staying in the shade, drinking lots of water and wearing sunscreen.

Ask your pupils to draw a picture of Sunny and all the things he needs to stay Sun Sensible – sunscreen, a hat, T-shirt, sunglasses and water bottle. They could also use a coloured pencil to show on which parts of the body they think Sunny would need to apply sunscreen.

Why not ask them to write these down as a list? At the end of the lesson, ask the class to write down when, where and how they can be sun sensible.



BE SUN SENSIBLE

LESSON PLAN IDEA – KS2

Design your perfect sunscreen

This activity encourages children to understand the importance of high factor sunscreens, to understand how SPF works, how to apply sunscreens and what level of protection it will give them from the sun.

Curriculum links

English – Speaking & Listening

PSHE

Design Technology

Lesson outline

Remind the children about the sun sensible messages they heard in assembly – you could even play them Sunny's animated video again (downloadable from www.sunsense.co.uk) to help them.

Explain that Australia has some of the highest incidences of skin cancer in the world and the difference between European and Australian laws on the labelling of sunscreens (as detailed in our campaign overview).

Introduce the concept of SPF and explain the correlation between the number on the bottle and the number of hours' sun protection. Stress the importance of applying sunscreen regularly, especially after exposure to water.

Why not split the class into pairs or small groups and ask them to design a bottle of sunscreen for their class? What SPF would it have? Would it be water resistant? Is it clear or white? And why? Older children could use different ways to record information such as a labelled diagram or written plan, while all ages could build a model of their design using old bottles, paint, papier mâché or other suitable materials.

To finish, go round the class asking each pair/group what makes theirs a good sunscreen, why they used that SPF and where they would apply it on the body before going out in the sun. Ask the children to vote for each other's designs and share their choices and ideas with the rest of the school.



FIND OUT MORE ABOUT BEING SUN SENSIBLE AT WWW.SUNSENSE.CO.UK