





Theme: Sun Safety

Duration: 2 hours

Rationale: To build children's knowledge and understanding of how to stay safe in the sun

Supporting Scheme: Sun Safe Schools documentation and website

			
Responsibility – Takes responsibility and asks for help where needed.	Compassion – Recognises behaviours impacting on others.	Problem solving – Can ask and answer questions.	Compassion – Strives to make things better.

	Vocabulary	Knowledge	Enrichment	Reading
EYFS	<ul style="list-style-type: none">· weather· cold· hot· warm· sun· cover· harmful· burn· sunscreen· brimmed hat· shade· sunglasses	<ul style="list-style-type: none">· Know that we wear different clothes for different weather.· When it is cold, we should wear warm, thick clothes· When it is hot, we should wear light clothes.· It is important to cover up in the sun.· The sun is nice and needed for lots of things, such as growing plants.· The sun can also be harmful.· We should protect ourselves in the sun.· Slip – Put on clothing, making sure shoulders and upper arms are covered to prevent burning.· Slop – Slop on good quality sunscreen regularly.· Slap – Slap on a broad brimmed hat, that will shade your face, neck, ears and cheeks.· Sunglasses – protect your eyes from bright light· Shade – Seek shade, particularly during the hottest parts of the day (11am – 3pm)	<ul style="list-style-type: none">KS1 lessons – 1Slip, Slop, Slap songClothes for weatherShade spotting	
Year 1	<ul style="list-style-type: none">· weather· cold· hot· warm· Protect· Cool· animals· skin· sun· harmful· burn	<ul style="list-style-type: none">· Animals protect themselves in different ways from the sun· Animals keep warm/cool in different ways<ul style="list-style-type: none">- flap ears- fill trunk- put sand or dirt on their back· We protect ourselves from the sun.· Slip – Put on clothing, making sure shoulders and upper arms are covered to prevent burning.· Slop – Slop on good quality sunscreen regularly.· Slap – Slap on a broad brimmed hat, that will shade your face, neck, ears and cheeks.· Sunglasses – protect your eyes from bright light· Shade – Seek shade, particularly during the hottest parts of the day (11am – 3pm)	<ul style="list-style-type: none">KS1 lessons – 2Guess the animal game.Slip, Slop, Slap song	

	<ul style="list-style-type: none"> · sunscreen · brimmed hat · shade · sunglasses 			
Year 2	<ul style="list-style-type: none"> · UV · radiation · sunlight · clothing · rays · distance · atmosphere · forecast · protection · burn · monitor 	<ul style="list-style-type: none"> · UV radiation is present in sunlight. · Some clothes protect you from UV – swimming costumes, sunglasses etc. · UV tends to be higher in the summer months · In the early morning and later afternoon, the sun's rays travel a greater distance through the atmosphere and UV is greatly reduced · UV levels are shared in weather forecasts · You should increase your protection when UV is higher – Sun cream, sun hat, sunglasses etc · Sun cream works differently for different people – if you are fair, red and blond haired people with freckles burn faster. · UV levels can be monitored 	KS1 lessons 3 Weather forecasts UV monitors	
Year 3	<ul style="list-style-type: none"> · Skin · body · organ · functions · live · senses · absorb · sunlight · vitamin d · regulate · temperature · damage · protection · layers 	<ul style="list-style-type: none"> · We all have skin · Skin covers our entire body and keeps the good stuff in and bad stuff out · Skin is an organ, just like the heart or the brain · It's an important organ that performs many functions to enable us to live – sweating · Skin houses one of our five senses – touch · Skin absorbs sunlight for vitamin D and heat and regulates our internal temperature · Skin can be damaged in different ways – Cuts, bruises, burn · Sunburn – damage can include spots, wrinkles and lines but some damage might not appear straight away. · If we have too much sun and do not protect ourselves, it can make us poorly – burn, sunstroke. · There are 3 layers of skin · To protect our skin, we should cover up and use sun cream. · Skin changing colour can be a sign of damage. 	KS1 lesson 4 Sweat investigation	
Year 4	<ul style="list-style-type: none"> · beneficial · harmful · living things · sunburn · skin · eyes · damage · light 	<ul style="list-style-type: none"> · Sun has beneficial and harmful effects for living things · sun exposure causes sunburn, skin and eye damage · Sun is necessary for life · Good things about the sun: <ul style="list-style-type: none"> - gives us light - helps plants grow - makes vitamin D - Keeps us warm 	KS2 – lesson 2 Sun experiment	

	<ul style="list-style-type: none"> · grow · vitamins · germs · sunburn · damage · wrinkles · UV 	<ul style="list-style-type: none"> - makes us feel good/ happy - kills germs · Bad things about the sun: <ul style="list-style-type: none"> - causes sunburn - can cause skin illnesses - causes eye damage - gives us wrinkles - produces ultraviolet radiation (UV) 		
Year 5	<ul style="list-style-type: none"> · shade · indoors · outdoors · avoid · direct · sunlight · darkness · coolness · shelter · natural · man made 	<ul style="list-style-type: none"> · We should stay indoors or in the shade at certain times of day to avoid skin and eye damage · We should be shade aware and establish where there is shade in the playground at different points in the day. · Shade is where there is darkness and coolness caused by shelter from direct sunlight · Shade can move because of the sun appearing to move across the sky · Shade can be created by buildings, trees, umbrellas etc · Shade can be natural or man made · If the sun is bright, we should regularly go into the shade. 	KS2 – Lesson 3 Shade signs Shade investigations	
Year 6	<ul style="list-style-type: none"> · materials · rays · protection · shade · block · clothing · sun shades · monitor · sunstroke · headache · sickness 	<ul style="list-style-type: none"> · know different materials create different protection · sun shades help to protect from the sun by blocking the sun's rays · Sun shades come in different forms – car shields, · some shades block out all the sun, some allow some to come through it. · Clothing can protect us · Not all areas of our body are always protected. · If it is not protected by clothing or shade, sun cream should be worn. · If sun is not blocked, it can cause immediate damage and also future damage. · You should monitor your skin and speak to the doctor if there are any changes. · If we have too much sun, it can make us sick – Sunstroke, headache, sickness 	KS2 – Lesson 4 Make different sunshades.	