



Patterns of UV

Levels F-2

Learning intention

To identify patterns in UV data and when sun protection is needed.

Victorian F-10 Curriculum Links

Content descriptions

Science

Foundation - Level 2: Use informal measurements in the collection and recording of observations. Represent and communicate observations and ideas about changes in objects and events in a variety of ways.

Introduction

What is UV and what is the UV index?

Visit these two terms with the students and their relevance to SunSmart.

Reference the information from

<https://www.cancer.org.au/preventing-cancer/sun-protection/uv-alert/>.

Remind students that sun protection is needed for all outdoor activities whenever the UV level is three or higher.

Always check the daily sun protection times which show when UV levels are forecast to be three or higher. During the sun protection times use the 5 SunSmart steps so you can be well-protected when you need to be.

Display examples of the [SunSmart app](#) and [widget](#) which shows UV levels and the times to use [sun protection](#).

Activity

Average UV for each month: Visit <https://www.arpana.gov.au/our-services/monitoring/ultraviolet-radiation-monitoring/uv-index-model> and click on Melbourne

Average UV across Australia via month and season: Visit

http://www.bom.gov.au/jsp/ncc/climate_average_s/uv-index/index.jsp?period=an#maps and click on annual, month or season

As an independent or paired activity, ask students to choose 3 months of UV data to draw their own UV graph (choose a birthday month and 2 others).

To extend the students you can ask them to also draw a UV graph of their favourite season.

Note To scaffold students, give them graph paper which requires them to colour boxes rather than drawing their own graph.

Reflection

Following the activity, discuss these questions

1. Which months have the highest UV? What was the highest level?
2. Which season has the highest UV?
3. Why would one season have a higher UV than others?
4. What do we need to do when the UV is 3 or higher?

Glossary

UV radiation

Ultraviolet (UV) radiation is energy from the sun that can't be seen or felt. Too much UV can damage the skin and eyes and lead to skin cancer.

UV Index

The UV Index indicates the intensity of the sun's UV reaching earth and lets you know when you need to be SunSmart and use sun protection. See [sun protection times](#)