



Sunscreen

Levels F-2

Learning intention

To identify when and where to apply sunscreen and how to apply it correctly and safely.

Victorian F-10 Curriculum Links Content descriptions

Health and Physical Education Foundation:

Identify actions that promote health, safety and wellbeing.

Level 1 - 2: Recognise situations and opportunities to promote their own health, safety and wellbeing.

Introduction

When do we need to apply sunscreen?

Look at the SunSmart app and the daily sun protection times. Discuss how the sun protection times let us know when we need to use sun protection each day. During the sun protection times it's important to protect ourselves from the sun.

Where do we apply sunscreen?

If you can see skin, UV can reach it. Apply sunscreen to parts of skin you can't cover with clothing.

Draw an outline of a body on a large sheet of butcher's paper. Sitting the students around the picture, choose some of them to draw summer school clothes on the outline.

In a different colour ask the students to colour the areas of the body that would get sun exposure during school times.

Explain to the students why these areas are important to protect from sun exposure, focussing on UV and how it affects the skin even when you are not aware of it.

How do we apply sunscreen?

Put a dot of sunscreen on each cheek, your nose and chin and carefully rub it in.



Put squiggles, dots or stripes of sunscreen on the parts of your arms and legs not covered with clothing. Try writing the first letter of your name in sunscreen. Rub the sunscreen in so it covers all the skin.

Help each other make sure it is all rubbed in. Remember to apply sunscreen before you go outside and reapply it every two hours.

Game

Play 'Simon Says' to practice putting sunscreen on the areas that need protection E.g. Simon says apply sunscreen on your face, neck etc.

Glossary

Sun protection times

Indicate when UV levels are forecast to reach 3 or more and when you need to use sun protection. Check the sun protection times on the free SunSmart app or at sunsmart.com.au.