

# SunSmart app and seeUV



## TEACHERS' NOTES

### Suggested level

Years 7 and 8

### Victorian F–10 Curriculum links

Health and Physical Education

### Content descriptions

- Develop skills to evaluate health information and express health concerns (VCHPEP129).
- Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities (VCHPEP130).

### Achievement standards

- They gather and analyse health information.
- They investigate strategies that enhance their own and others' health, safety and wellbeing.
- They justify actions that promote their own and others' health, safety and wellbeing at home, at school and in the community.

### Focus area

Safety (S)

### Learning intentions

- To collect and analyse health data using the SunSmart and seeUV apps, and make recommendations for the school community to be SunSmart.

### Prepare yourself

- Carry out some background research to understand how to use the both the SunSmart app and seeUV app. You may like to visit [sunsmart.com.au/app](http://sunsmart.com.au/app) for more information.
- The app can be downloaded for free and used on smartphones and tablets.
- Make sure you have an understanding of UV.
- The focus of this activity is for students to collect UV data from the app over a couple of weeks, or better yet a school term, to compare and contrast it over time.

### Class resources

- Access to smartphones or tablets (Apple or Android)

### The activity

Allow students time to have a play around with both the SunSmart and seeUV apps, so that they develop an understanding of their purpose and how they work.

#### Students then answer the following questions.

1. What information does the SunSmart app provide users with?
2. What information does the seeUV app provide users with?
3. Identify and explain the benefits of using these apps to make healthy and safe choices.
4. Collect UV data from the SunSmart and seeUV apps over the course of two weeks, and identify the days and times that SunSmart practices are required.
5. Develop a strategy to share the sun protection times with your wider school community. Make sure you explain why it is important to the health and wellbeing of all students and teachers.

