

Sun Safety

Learning Objectives

- I can describe sun safety practices.

Teacher Notes

- Follow along with the video.
- This lesson will include pauses that will involve student response or time to complete the activity. Please pause the video as instructed for as long as needed.

Lesson Steps: Video Outline [1.1j Video](#)

Step 1 Introduction

- Did you know UV rays are an invisible kind of radiation that comes from the sun?
- UV rays can damage our skin cells, even on cloudy and overcast days and any time of the year.
- Why is it important to protect ourselves from the sun?

Step 2 Activity

- Review the Sun Safety Image as a class and talk about why each of the parts are important in protecting yourself from the sun
- As a class come up with a motion/movement for each part
 - Slip, slop, slap, seek and slide
- The teacher will challenge you to do the motion when you see the image on the screen. Teachers can go slower or faster depending on how well students are doing

Step 3 Closure

- Why is it important to practice sun safety?

Assessments

- Pre: Questions will introduce topic, engage learners, and access prior knowledge
- Post: The activity will demonstrate student understanding of material covered during class. Teacher will observe student choices to determine level of understanding.

Extensions/Connections/Applications

- The teacher can have more discussion as desired with students throughout the lesson.

Resources/References

- [CDC](#)
- [Health Smart VA](#)



Virginia 2021 SOL Edition
Created by: Sue Zeanah
Safety/Injury Prevention
GR1-SAF-7
First Grade - 1.1j

- [Kids Health](#)