

Sun safety

Outstanding Science Year 3 - Light - OS3D004

National Curriculum Statutory Requirements

3D3 - recognise that light from the sun can be dangerous and that there are ways to protect their eyes

Learning Objective



I can explain how the Sun can be dangerous and ways we can protect ourselves.

Me:   

Teacher:   

About the Sun

The Sun is a **star**. It is 150 million kilometres away from Earth (93 millions miles). The Earth **orbits** the Sun once every year. Like all stars, the Sun turns **hydrogen** (a gas) into **helium** (another gas). This process is called **thermonuclear fusion** and creates lots of energy.



The Sun is extremely important to life on Earth. The Sun warms the Earth and keeps it at a temperature where water can form liquid oceans.

The Sun is an extremely important light source, which helps those animals which have a sense of sight, like humans.

What's more, almost all living things on Earth use the Sun's energy to survive. Plants use the energy in sunlight to make their own food. When an animal, such as a human, eats a plant, they are really consuming energy that came from the Sun!

The Sun can damage our eyes

The Sun is a very strong light source. It is so strong that it can damage your **eyes** or blind you altogether if you look directly at the Sun.



One way to prevent this is to wear **sunglasses**. Sunglasses are made from a **translucent** material which allows some light to pass through (so we can see), but reflects much of it, stopping too much energy from entering our eyes. **It is important never to look directly at the Sun, even when you are wearing sunglasses.**

The Sun can damage our skin

The energy from the Sun can also damage our **skin**. This can cause **sunburn**, which is very painful, or even **skin cancer**, a very serious disease.

There are several different ways of stopping the Sun from damaging our skin. One is to wear **sunscreen** (sun tan lotion), which reduces the effect of sunlight on skin. A safer method is to wear **clothing** which covers the whole body and stops sunlight from reaching the skin. The most effective method is to stay out of the Sun altogether, indoors or in **shade** (shadows of buildings or trees).

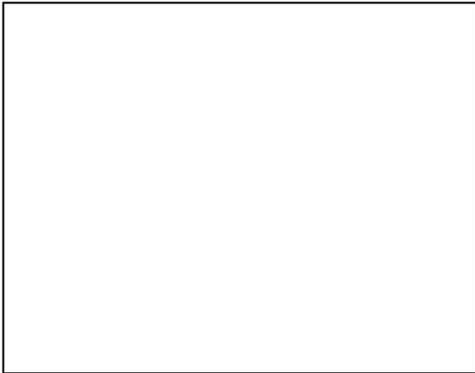
Activity

Using a picture and writing, explain how the Sun can damage our eyes, then explain how we can prevent this. Explain how the Sun can damage our skin, and then explain two ways we can prevent this.

Discussion

Can you make a Sun safety poster for your class or school?

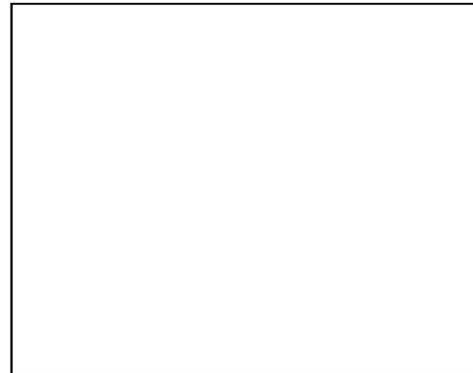
How can the Sun damage our **eyes**?



One way we can stop the Sun from damaging our eyes:



How can the Sun damage our **skin**?



Two ways we can stop the Sun from damaging our skin:

