

Sunscreen Safety

Learning Objectives

- I can describe the proper ways to apply sunscreen.

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 [1.3j 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 how to properly apply sunscreen
- Each student will get a partner
- Partners will need 1 object that can be safely tossed underhand to a target (ex. paper wad to a folder or bean bag to a hula hoop)
- When the music starts partners will take turns tossing their object to their target
- When the music stops that means 2 hrs has passed and they must reapply their sunscreen; be sure to apply it properly and ask for help from your partner to get your entire back
- When the music turns back on - keep tossing with your partner
- Repeat as long as desired

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.



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Extensions/Connections/Applications

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

Resources/References

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