



SAMPLE LESSON PLANS

Grade 5 – Health Promotion

Unit 5

SOLs:

- 51.B Examine the health risks associated with unprotected sun exposure.
- 5.2.A Determine strategies to protect against the harmful effects of the sun.
- 5.3.A Identify strategies that you will employ to protect against the harmful effects of the sun.

Title: Sun Safety

Objectives/ Goals: Students will learn about the health risks associated with the sun and develop sun protection strategies

Materials:

- Sunwise Toolkit
- Paper and writing supplies
- computer, PowerPoint and projection equipment
- Miscellaneous supplies to enhance creativity of PSAs

Procedure:

- Summarize and present information on health risks and protection from the Kids Health article, *How to Be Safe When You Are in the Sun* (<http://kidshealth.org/en/kids/summer-safety.html?ref=search>), or SunWise SunWisdom <https://www.neefusa.org/resource/sunwise-tool-kit>.
- Engage students in a discussion about what they have heard: How do they protect themselves against the harmful effects of the sun? Can you recall any times when you may have been overexposed to the sun? How did it feel? Did you try to prevent sunburn after? How?
- Post or distribute sun exposure prevention tips (e.g., *SunWise Materials* in the SunWise Tool Kit provides the handout, *Action Steps for Sun Protection*, that is included below).
- Break students into teams to develop and perform a public service announcement based on the sample *A Sunny Performance* lesson plan from the SunWise Grade 6-8 lesson plan.

Do Not Burn 

Avoid Sun Tanning and Tanning Beds

Generously Apply Sunscreen 

Wear Protective Clothing 

Seek Shade 

Use Extra Caution Near Water, Snow, and Sand

Check the UV Index

UV Index Number	Exposure Level
2 or Less	Low
3 to 5	Moderate
6 to 7	High
8 to 10	Very High
11 +	Extreme

Get Vitamin D Safely

Early detection of melanoma can save your life



SunWise
 a program that radiates good ideas
 A Partnership Program of the U.S. Environmental Protection Agency

For more information, visit us online at www.epa.gov/sunwise

Assessment Ideas:

- Student participation in development of PSA.
- Can students name 3 sun protection measures?

References:

- SunWise Tool Kit <https://www.neefusa.org/sunwise>
- SunWise Activities for Grades 3-5:
<https://www.epa.gov/sites/production/files/documents/grades3-5.pdf>
- SunWise Activities for Grades 6-8
<https://www.epa.gov/sites/production/files/documents/grades6-8.pdf>

A Sunny Performance

Directions

Use creativity, imagination, and artistic abilities to write a song, commercial, public service announcement (PSA), skit, or one-act play about being sun safe.

Decide which medium you want to use. Brainstorm ideas for your project and determine the kind of message you want to relay. Ideas may include the following: the health effects of overexposure to the sun; sun protection methods — like avoiding burning, avoiding tanning, using sunscreen with SPF 30+, wearing protective clothing, and seeking shade; the UV Index; places where you need to be extra careful; the ozone layer; and the seasons. Visit the SunWise website, www.epa.gov/sunwise, and discover what you can do to protect yourself from the sun's harmful UV rays. After you complete your project, present or perform your finished product for your class. You may even be able to make a recording or a video!

Vocabulary Word

Public Service Announcement (PSA)—A brief announcement distributed by television, radio, or print media that relays an educational and/or social message to the general public.

SPF — Sun Protection Factor; a number indicating how protective a sunscreen is against UVB rays. An SPF 30+ sunscreen blocks about 97 percent of UVB rays or more.

