

Y3 Sun Safety

KS2 Science · Follows the national curriculum

Name _____ Class _____ Date _____

1. Worked example

Why must you never look directly at the Sun?

Step 1 · How strong is sunlight?

Extremely bright and powerful

Step 2 · What can it do to the back of your eye?

Damage it — sometimes for ever, and without any pain at the time

Answer: Sunlight is so strong that it can permanently damage your eyes, even if you only look for a short time.

Check: This is true even with sunglasses, and even during an eclipse.

2. Now try one with the steps

Name three ways to protect your eyes on a sunny day.

Step 1 · What can you wear on your head?

Step 2 · What can you wear over your eyes?

Step 3 · Where can you play?

Answer:

3. Practice

Have a go at each one. There is space underneath to work it out.

1. Is it safe to look straight at the Sun for a few seconds?

2. Name ONE thing you can wear to protect your eyes from the Sun.

3. Can you look at the Sun if you are wearing sunglasses?

4. What label should good sunglasses have?

5. At what time of day is the Sun usually strongest in the UK summer?

6. Name ONE surface that reflects lots of sunlight into your eyes.

7. Why should you never use binoculars or a telescope to look at the Sun?

8. How can you watch a solar eclipse safely?

9. A light sensor read 1000 lux with no lens and 100 lux through Lens C. How much light did Lens C block?

10. Readings: Lens A 600 lux, Lens B 300 lux, Lens C 100 lux. Which lens let the most light through?

11. How many more lux did Lens A let through than Lens B? ($A = 600$, $B = 300$)

12. Why is a very dark lens not always the best sunglasses lens?

13. To test lenses fairly, what must stay the same each time?

14. Write a sun safety rule for a Year 3 poster and explain why it matters.

4. Before you hand it in

It's fine to look at the Sun with sunglasses on.

Never look straight at the Sun, with or without sunglasses.

It doesn't hurt, so my eyes must be fine.

Eye damage from the Sun can happen without you feeling it.

You only need sun protection in hot weather.

Protect your eyes whenever the sunlight is bright, hot or cold.

The darker the lens, the better the sunglasses.

Check for UV400 or 100% UV protection on the label.