
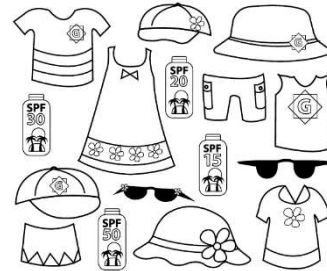
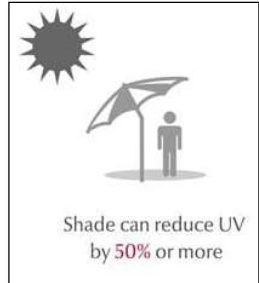




Assembly Knowledge Organiser – Sun Safety



Key knowledge Learn these facts – Key points in red	Key vocabulary Understand these key words		Questions? You may want to research further.
 <p>Seven top tips:</p> <ul style="list-style-type: none"> • Cover up arms and legs • Wear a hat • Wear sunglasses • Apply sunscreen 30spf+ • Drink water • Find and use shade • Apply until 5pm 	Word	Definition	You may want to research further
	Ultraviolet	It is ultraviolet rays from the Sun that cause sunburns .	-Which time of the day is the hottest?
	Rays	A ray of light from the sun. The sun's harmful, invisible rays can reach you even when it is cloudy .	-What should you apply to your skin to avoid your skin being burnt by the sun?
	SPF	Sun protection factor . As the SPF number increases, sunburn protection increases.	-What vitamin do we get from the sun?
		<p>Things you will need to keep yourself safe in the sun.</p> 	<p>-Why is this vitamin important for humans?</p> <p>-How often should you reapply sunscreen?</p> 



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