



Safety in Schools Week June 13th to 17th 2005

The Cancer Council WA Activity

Agency:

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Activity Title: A Sporting Chance

Curriculum Framework Activity Outcomes

Learning Area	Learning Outcome	Specific Learning
Health and Physical Activity	<p>Knowledge and Understanding</p> <p>Interpersonal Skills</p>	<ul style="list-style-type: none"> Describe the sun-related risks associated with a range of popular outdoor leisure activities. Describe strategies that can be used to reduce sun-related risks when participating in outdoor activities. Identify and explain the best types of clothing to protect their skin from the sun while participating in outdoor activities. Use assertive language to suggest necessary sun protection measures in an example letter to a local authority or organisation.

Phases of development

Middle Childhood – (Year 4)

Activity Resources Required

Pictures of people doing outdoors activities (optional extra)

Procedure

- As a class to briefly brainstorm a variety of outdoor sports and activities. Discuss that outdoor activities are popular in Australia and this is often related to our fine, sunny weather.
- Have each student list their three favourite outdoor activities/sports. Have students create an interview form with three columns.

Name	What outdoor sports/activities did you do on the weekend?	List any outdoor sports/activities that you were a spectator at...

3. At recess or lunchtime, have students interview other students with these questions (above).
4. As a class, tally the results to determine the most common activities/sports. Students can use the results to create graphs to illustrate the spread and frequency of the activities/sports identified.
5. Discuss the environment, time of day, time of year, uniforms or clothes in which these popular sports and activities are played. You may want to have pictures ready of people doing these activities to help with this discussion. Have students describe how these factors/aspects affect the level of sun exposure associated with these different activities. Discuss why sun protection is important.
6. Divide students into groups of three and allocate a sport/activity per group. Have each group write a letter recommending ways to improve the sun safety of that sport/activity or its playing venue. Discuss who they would need to write to about this issue, eg. Local council, swimming pool, local sporting body.
7. Students should use assertive communication in their letters and:
 - State the problem
 - See the others' point of view
 - Write what they would like to see happen and why
 - Encourage students to consider realistic changes, such as changing the uniforms or the times that events are scheduled.
8. Have students read their letters to the class.

Community Links

How could the school involve the local community in Safety in Schools Week?

- Students may like to post their letters to the organisation they selected.

How could the school involve parents and seniors?

- Students could survey parents as well as students.
- Students could give a presentation at an assembly, with the results of their survey and include sun protection recommendations for these outdoor activities.
- The school could work with the local community/parents and seniors to raise funds to provide shade for the school.

Policy and Procedures

Are you aware of the schools written Health and Safety Policy? If not: -

- Check with administration
- Refer to the Education Department's Risk Management Policy,
- Visit the Kidsafe WA Website for guidelines www.kidsafewa.com.au
- Visit the schools section of The Cancer Council's website for a sample sun protection policy. www.cancerwa.asn.au/cancerinfo/schools/sunsmartschools/

Do you have SunSmart structures and procedures in place?

- Do all students wear broad-brimmed or legionnaire style hats when outdoors?
- Does the school have a written sun protection policy?
- Does the school have shade available for all students to access during the lunch break? (UVR is at its highest levels at solar noon, usually 12 noon – 12.30pm during summer)

Other Resources Available

- Kidskin – Sun Safety Education Program for years 1, 2, 4 and 6/7
- Stickers and posters (limited numbers available free)
- Range of videos for loan and purchase
- The Cancer Council's web page www.cancerwa.asn.au/cancerinfo/schools
- SunSmart Schools Program – policy and guideline documents