

sunbeams educational resources

These educational resources form part of the Sunbeams public information campaign run by National Eye Health Week in partnership with Boots Opticians.

Ellen and Ravi Sunbeam are two colourful and friendly cartoon characters designed to teach children aged 5 – 7 years about the importance of good eyesight and the simple things that they can do to help keep their vision healthy.

Teaching notes and curriculum links

This pack contains eight creative Sunbeam work sheets providing individual and group learning activities for use in the classroom and at home.

The accompanying teaching notes illustrate how work sheets one to six complement the National Curriculum at Key Stage 1 across all four countries of the UK.

Work sheets seven and eight (Lost Sunglasses and Colouring Sheet*) provide opportunities for extra curricular activities.

Further Sunbeam resources, including a video introduction from Dr Ranj (co-creator and presenter of the pioneering CBeebies show Get Well Soon), can be found at www.visionmatters.org.uk/sunbeams.

A parents leaflet, highlighting key strategies to help keep children's eyes safe in the sun, can also be downloaded here <http://goo.gl/C6i0V9>.

* Learning extension

When using work sheet eight, ask the class to think about ways Ellen and Ravi could protect their eyes from the sun (eg: sunglasses, wide brimmed hat, shady tree) and encourage them to draw their ideas onto the colouring sheet.



Teaching notes and curriculum links

Key Stage 1 curriculum links for the academic year 2015/16. Plus, ideas for extended learning and deepening understanding of specific competencies.

Worksheet 1 Rainbow Rhymes

England

English Year 1

Pupils should be taught to develop pleasure in reading, motivation to read, vocabulary and understanding by: learning to appreciate rhymes and poems, and to recite some by heart.

English Year 2

Pupils should be taught to develop pleasure in reading, motivation to read, vocabulary and understanding by recognising simple recurring literary language in stories and poetry.

Pupils should be taught to develop positive attitudes towards and stamina for writing by: writing poetry.

Scotland

Literacy and English

Writing: I can use what I learn to create my own stories, poems and plays.

Wales

Language, Literacy and Communication Skills

Oracy: Speaking – children are able to show an awareness of alliteration and rhyme.

Northern Ireland

Language and Literacy

Reading: Pupils should be enabled to read and be read to from a wide selection of poetry and prose.

Learning extension

Task 1. Invite pupils to read their sentence or poetry aloud to the rest of the class or a small group of peers.

Task 2. Split class into small groups. Everyone writes the first line of a poem and then passes it to the person on their left to write the next line and so on until everyone in the group has contributed.



Teaching notes and curriculum links

Key Stage 1 curriculum links for the academic year 2015/16.

Worksheet 2 shadow experiment

England

Science

Children are able to work scientifically in science in relation to: asking simple questions and recognising that they can be answered in different ways / observing closely, using simple equipment / performing simple tests / identifying and classifying / using their observations and ideas to suggest answers to questions / gathering and recording data to help in answering questions.

Maths Year 1 (Measurement)

Pupils should be taught to compare, describe and solve practical problems for lengths and heights and to measure and begin to record lengths and heights.

Maths Year 2 (Measurement and Statistics)

Pupils should be taught to choose and use appropriate standard units to estimate and measure length / height in any direction (m/cm); mass (kg/g); temperature ($^{\circ}\text{C}$); capacity (litres/ml) to the nearest appropriate unit, using rulers, scales, thermometers and measuring vessels.

Pupils should be taught to interpret and construct simple pictograms, tally charts, block diagrams and tables.

Scotland

Numeracy and Mathematics (Number, Money and Measure – Measurement)

Use units of measure to investigate and compare sizes, measure or weigh using appropriate instruments.

Wales

Mathematical Development (Developing Numerical Reasoning / Using Number Skills)

Children are able to present work orally, pictorially and in written form and use a variety of ways to represent collected data.

Estimate and check: children are able to make a sensible estimate of measurement in length, height, weight and capacity that can be checked using standard and non-standard measures.

Northern Ireland

Mathematics and Numeracy

Pupils should be enabled to:
Make estimates using arbitrary instruments, reading and interpreting them with reasonable accuracy.

Collect data, record and present it using real objects, drawings, tables etc.



Teaching notes and curriculum links

Key Stage 1 curriculum links for the academic year 2015/16.

Worksheet 3 UV Detectives

England

Science – Year 1 (Seasonal changes)

Pupils should be taught to observe and describe weather associated with the seasons and how day length varies.

Pupils might work scientifically by: making tables and charts about the weather; and making displays of what happens in the world around them, including day length, as the seasons change.

Science – Year 2

Children are able to work scientifically in science in relation to: asking simple questions and recognising that they can be answered in different ways / observing closely, using simple equipment / performing simple tests / identifying and classifying / using their observations and ideas to suggest answers to questions / gathering and recording data to help in answering questions.

Maths – Year 2 (Statistics)

Pupils should be taught to interpret and construct simple pictograms, tally charts, block diagrams and tables.

Scotland

Numeracy and Mathematics

Information handling – data and analysis: I can display data clearly and accurately by creating tables, charts and diagrams using simple labelling and scale.

Wales

Mathematical Development (Developing Numerical Reasoning)

Children are able to present work orally, pictorially and in written form and use a variety of ways to represent collected data.

Knowledge and Understanding of the World

Myself and non-living things: children should be given opportunities to understand that light comes from a variety of sources, such as the sun and that darkness is the absence of light.

Northern Ireland

Mathematics and Numeracy (Handling Data)

Pupils should be enabled to collect data, record and present it using real objects, drawings, tables etc.



Teaching notes and curriculum links

Key Stage 1 curriculum links for the academic year 2015/16.

Worksheet 4 eat a rainbow

England

PSHE (Non-Statutory) KS1

Healthy lifestyles.

Design and Technology – KS1 Cooking and Nutrition

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating.

Pupils should be taught to use the basic principles of a healthy and varied diet to prepare dishes.

Science - Year 2 (Animals, Including Humans)

Pupils should be taught to describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Scotland

Health and Wellbeing

Food and Health: Nutrition – learners develop their understanding of a healthy diet, which is one composed of food and drinks.

Expressive Arts

I can express and communicate my ideas, thoughts and feelings through activities within Art and Design.

Working on my own and with others, I use my curiosity and imagination to solve design problems related to real-life situations.

Wales

Personal and Social Development, Wellbeing and Cultural Diversity

Children should be given opportunities to develop an understanding that exercise and hygiene and the right types of food and drink are important for healthy bodies.

Northern Ireland

Personal Development and Mutual Understanding

Strategies and skills for keeping themselves healthy and safe.

The Arts (Art and Design)

Pupils should be enabled to look at and talk about resource material to simulate their own ideas.



Teaching notes and curriculum links

Key Stage 1 curriculum links for the academic year 2015/16.

Worksheet 5 word search

England

PSHE (Non-Statutory) KS1

Healthy lifestyles.

Scotland

Health and Wellbeing (Food and Health / Nutrition)

Learners develop their understanding of a healthy diet, which is one composed of food and drinks.

Wales

Personal and Social Development, Wellbeing and Cultural Diversity

Children should be given opportunities to develop an understanding that exercise and hygiene and the right types of food and drink are important for healthy bodies.

Northern Ireland

Personal Development and Mutual Understanding

Personal understanding and health – strategies and skills for keeping themselves healthy and safe.



Teaching notes and curriculum links

Key Stage 1 curriculum links for the academic year 2015/16.

Worksheet 6 Design a pair of sunglasses

England

PSHE Healthy Lifestyles (Non-Statutory) KS1

Design and Technology KS1

When designing and making, pupils should be taught to design purposeful, functional, appealing products for themselves and other users based on design criteria and generate, develop, model and communicate their ideas through talking, drawing, templates, mock-ups and, where appropriate, information and communication technology.

Art and Design KS1

Pupils should be taught to use a range of materials creatively to design and make products and to use drawing, painting and sculpture to develop and share their ideas, experiences and imagination.

Scotland

Expressive Arts

I can express and communicate my ideas, thoughts and feelings through activities within Art and Design. Working on my own and with others, I use my curiosity and imagination to solve design problems related to real-life situations.

Health and Wellbeing

Mental, emotional, social and physical wellbeing – I am learning to assess and manage risk, to protect myself and others and to reduce the potential for harm when possible.

Wales

Personal and Social Development, Wellbeing and Cultural Diversity

Children should be given opportunities to develop an understanding that exercise and hygiene and the right types of food and drink are important for healthy bodies.

Creative Development

Children should express themselves freely and make progress in their ability to design and make simple products and mechanisms.

Northern Ireland

Personal Development and Mutual Understanding

Personal understanding and health – strategies and skills for keeping themselves healthy and safe.

The Arts (Art and Design)

Pupils should be enabled to look at and talk about resource material to simulate their own ideas.

