



**FITNESS CURRICULUM
LESSON PLAN 4**



Lesson 4-Hydration

Primary Subject: Health

Objectives:

- Students will learn what hydrates their bodies and why hydration is so important

Materials:

- One bottle each of lemonade, soda, sports drink and water
- A roll of painter's tape

Introduction:

1. Anticipatory Set

- Lay the drinks out on a table in front of the class
- Point to each drink and ask each student to raise their hand if they think the drink dehydrates them (makes them feel thirsty) or hydrates them (makes them feel refreshed)

2. Purpose: To test the students' knowledge of hydration.

Major Instructional Sequence:

- Explain what hydrates you and what doesn't
 - Explain how lemonade, soda, and sports drinks dehydrate you because of their high sugar content
 - (high sugar makes the body devote more of its water supply to breaking down the sugars therefore the body is left depleted with a low water supply)
 - Because so much of our bodies are made of water, when we are dehydrated our muscles and organs do not function properly, and this can lead to sickness and other ailments
 - Then explain how water contains no sugar so it is the best way to hydrate the body
- Show them how important water is for the body
 - Ask the class to guess what percentage of their body is water. Call on individual students for his or her best guess.
 - Then explain to the class that 60% of our bodies are water .
 - Get the roll of painter's tape and place a long piece above each student's midsection to represent just how much of the body is comprised of water.

Concluding Sequence:

- Ask each student what they learned from the exercise: hydration is key in maintaining a balanced body and a healthy lifestyle

Background:

Students must learn from an early age that in order to stay healthy, hydration is a must. Our bodies depend on water for survival. Every cell, tissue and organ requires water to function properly. Our bodies use water to maintain temperature, remove waste and lubricate joints. Water is essential for good health.



Vocabulary:

Hydration- Drinking and absorbing water

Dehydration- The body's loss of water. Occurs when the body loses more water than it takes in

