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| **Physical Education: Nutrition Unit** |
| Objective  | Activities  | Resources  |
| Explain the importance of hydration  | **Activity**: 1. Log onto Seesaw and find the assignment entitled “Importance of Hydration.”
2. Click the attached link to view our lesson for today.

http://somup.com/cYhZh7jmZb1. Click Add Response to find the worksheet to complete.

a. Make a goal for yourself of how much water you want to drink in a day. b. Choose at least one day this week to record how much water you are drinking throughout the day. \*Sodas, juices, or other drinks do not count!c. Then answer the two questions below.  | Device with camera and connection to internet |