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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/cYhZh7jmZb   1. 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 |