



Importance of Fluid

Lesson: Importance of fluid.

Date: As used

Time: As used

Class: 1st and 2nd Class

Strand: Myself

Strand Unit: Taking care of my body

Materials Needed: Using the resources available on the Lunch Bag website, use the '4 corners' game as the introduction to the lesson, use the 'Importance of fluid' video as the lesson, use the 'How many different types of fluid can you think of?' as the assessment for the lesson and then use the 'Spot the difference' game to conclude the lesson.

Learning Objectives

1. Recognise the importance of treating the body with respect and dignity.
2. Appreciate that balance, regularity and moderation are necessary in the diet.
3. Understand the importance of having an appropriate intake of fluids daily.

Introduction/Stimulus

Attention of students is acquired using the '4 corners' game whereby the students are encouraged to stand up and move around. This allows students to be active and allows for nice integration into the learnings of this lesson surrounding fluid intake, blood volume and its importance during exercise.

Development

- The lesson begins with an explanation into the importance of fluid for our bodies from a physiological standpoint during digestion, in the excretion of waste and in its importance from a blood volume point of view.
- The second area that is developed upon is the volume of fluid required in a day and the different types of fluid that can contribute towards this.
- Lastly, the final area explored is around knowing when you have enough fluid drunk and ensuring you're hydrated. Your hydration level can be assessed by using your urine colour as an indicator.

Conclusion:

The lesson is concluded by using the 'How many different types of fluids can you think of?' game to assess the learnings of the lesson. The use of this group discussion means students are encouraged to learn from each other. The lesson is finished with the 'Spot the difference' worksheet for students to enjoy.

<p>Assessment</p>	<p>Learnings are assessed using the 'How many different types of fluids can you think of?' resource. The method of assessment with this resource is that of a group discussion.</p>
<p>Linkage/Integration</p>	<p>Linkage: Feelings and emotions; students will understand that if they ensure they are adequately hydrated, that it will help them emotionally feel better. Myself and my community; Ensuring you're adequately hydrated, allows your immune system to function to its best, therefore preventing the spread of diseases. Integration: Science; Understanding the importance of fluid in different body functions such as waste excretion, aiding digestion and from a blood volume point of view. Art and Design; Using the colour me in element of the activity sheet, art and design is incorporated into this SPHE lesson. Suggested Integration: Maths; using addition and subtraction to calculate the amount of fluid required in a day eg if a cup ~ 300mls, and we need 8 cups in a day, how much fluid do we need?</p>