

Educational resources

Foundation - Year 6

Water for my body



Victorian Curriculum 2.0
Foundation - Year 6

Health and Physical Education - VC2HPFP07 | VC2HP2P07 | VC2HP4P10 | VC2HP4P10

Learning intention:

We are learning the importance of water for our health and wellbeing.

- I can explain why it is important to drink water every day and how water helps my body stay healthy and happy.
- I can explain how much water I need to drink every day.

Resources

- Water for Life [book](#)
- Choose Tap hydration [poster](#)
- Choose Tap [maze](#) (Foundation - Year 2)
- Fountains and drains [board game](#) (optional)
Print A3 and provide dice and counters
- Hydration charades [game](#) (Year 3 - 6)



Outline (60 minutes)

1. Introduction - 'How do we use water?' 'Why do we need water?' (10 minutes)

- Brainstorm how we use water and why we need water.

Foundation - Year 1

- Conduct a whole-class discussion with ideas recorded on the board - "How we use water" and "Why we need water?."
- Stand up/sit down activity (stand up - yes, sit down - no): Ask students if various things need water (e.g. dog, plant, chair, iPad, pen, fly, cactus, human etc) and ask students to respond with stand up / sit down action.

Optional - movement activity - call out the various ways we use water shared during the class brainstorm. Students act out each scenario (drinking, washing dishes, washing clothes, showering/bathing, cooking, gardening and toilet).

Year 2 - 6

- Students work in small groups, each with a large sheet of paper.
- On one side, write: "How do we use water?" and on the reverse: "Why do we need water?".
- Students have **2 minutes** per side to record their ideas with words/pictures.
- Share ideas - whole class discussion.

2. Read the [Water for Life story](#) (10 minutes)

- Reflection - ask students to reflect on how much water they have had to drink so far today.
- Reinforce - discuss - kids need to drink approximately 6-8 cups of water a day, and even more when you are active! Tap water is the best choice for our health and our planet - it is clean and safe to drink. Fill up a reusable drink bottle to reduce your plastic use and waste.



3. Review the Choose Tap hydration poster

(15 minutes)

Foundation - Year 2

- Read the poster as a class and discuss how and why different parts of our bodies need water.

Optional - add movement by pointing at/engaging with various body parts as you describe how water is important:

- Take 3 deep breaths as you learn about the lungs.
- Tap your head as you learn about the brain.
- Rub your tummy when you learn about the stomach.
- Challenge - Can you tap your head and rub your tummy at the same time??!

Year 3 - 6

- Share the Choose Tap hydration poster in small groups.
- Assign a recorder to take notes of key facts to share.
- Return for whole class discussion to recap main points/facts.
- *Alternative - assign a small group to each body part, ask them to draw/write about how water helps that body part, and share their findings with the class.*
- At the end of this activity, encourage the class to take a water drink break, and discuss how drinking water makes you feel! Ask the students to share a time when they felt dehydrated and what it felt like.

4. Activity (5-10 minutes)

Foundation to Year 2 - Choose Tap maze

- Prior to activity, discuss - when we are physically active, our bodies need even more water, because we lose water from our bodies as sweat! We need to stay hydrated by drinking more water when we are active.

Year 3 to 6 - Hydration charades

- Each small group is provided with an action to act out to the class (cut the body part and action descriptions from the hydration charades printable, and hand a different one to each group)
- Each group practices then acts out their scenario, and the class tries to work out which body part it relates to and what the impact is on that body part when we don't drink enough water.

Optional activity

Play the Fountains and drains board game

Students play the board game in small groups.
Reflection - "What did you learn as you played the game?"

Extension activity: Drink water reminders

- Brainstorm and record some practical strategies to remind the class to drink water regularly, e.g.:
 - Carrying a water bottle, keeping it on your desk to remind you to drink regularly.
 - Set class reminder timers for appropriate intervals throughout the day.
 - Set a personal reminder timer on your device.
 - Design, create and display reminder posters in the classroom and around the school.

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