

## Urinary System: Hydration

### Learning Objectives

- I can describe the importance of proper hydration to support renal function.

### Teacher Notes

- This lesson will include many pauses that will involve student response or time to design. Please pause the video as instructed for as long as needed.
- Students will use an item to drop or toss (plastic bag works best.) This item will be used as a timer to complete exercise activities.

### Lesson Steps: Video Outline: [6.2a Urinary System: Hydration](#)

#### *Step 1 Introduction*

- What does hydration mean?
- How many glasses of water do you need for your body to work properly?
- What are the benefits of hydration?

#### *Step 2 Activity*

- The students will be asked to drop a plastic bag or item at waist level and complete as many jumping jacks as possible. Record the number. This will represent 1-2 cups of water.
- The students will be asked to drop a plastic bag or item at chest level and complete as many jumping jacks as possible. Record the number. This will represent 3-4 cups of water.
- The students will be asked to drop a plastic bag or item at above head, arm lifted level and complete as many jumping jacks as possible. Record the number. This will represent 5-6 cups of water.
- The students will be asked to toss a plastic bag or item in the air as high as possible and complete as many jumping jacks as possible. Record the number. This will represent 7-8 cups of water.

What did you notice about the amount of exercise and the water intake?

#### *Step 3 Closure*

- Post-Assessment: This or That
- What does hydration mean?
- How many glasses of water do you need for your body to work properly?
- What are the benefits of hydration?



Sample Lesson Plan  
Virginia 2021 SOL Edition  
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**6<sup>th</sup> Grade - Body Systems**  
**GR6-BOD-3 Urinary System:**  
**Hydration 6.1a**

## **Assessments**

- Pre: Questions will introduce topic, engage learners, and access prior knowledge
- Post: This or That will demonstrate student understanding of material covered during class. Teacher will observe student choices to determine level of understanding.

## **Extensions/Connections/Applications**

- Implementing teacher can modify tossing and catching activity as needed and add challenges when appropriate. Teacher can also have students share personal experiences related to their hydration and discuss ways they think it can be improved.

## **Resources/References**

- [Health Smart](#)
- [Kids Health](#)