

Please note: Activities are member submitted and not approved prior to uploading by SHAPE America staff.

Name of Activity	
Water Challenge	
Submitted by	SHAPE America Staff
National Standard(s)	Health: Standard 1- Students will comprehend concepts related to health promotion and disease prevention to enhance health.
Grade Level Outcome or Performance Indicator	Performance Indicators Grades K-2 1.2.1 Identify that healthy behaviors affect personal health. Grades 3-5 1.5.1 Describe the relationship between health behaviors and personal health. Grades 6-8 1.8.1 Analyze the relationship between health behaviors and personal health. Grades 9-12 1.12.1 Predict how health behaviors can affect health status. 1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.
Activity Objective	Students will increase their water intake and decrease the amounts of sugary beverages they drink by participating in the Water Challenge.
Grade(s)	All grades
Materials	None
Activity Description	
<p>Discuss with students the importance of drinking enough water each day. Tell students that we need water to live and it helps our body to function better. Drinks that have a lot of sugar can have a lot of calories and don't provide our body with enough water. Ask students to identify types of drinks that may have a lot of sugar in them.</p> <p>Tell students that you want to challenge them to drink less sugary beverages and more water for homework. If normally they would drink juice, soda or a sports drink at dinner to replace it with a glass of water.</p> <p>Zoo Crew: Savanna Bolt- Avoid Sugary Beverages- https://www.youtube.com/watch?v=zeLjHXhT2tU</p>	
Modifications	
<i>Include ways to modify this activity for advanced, lower level and inclusion students.</i>	
<p>Vary the depth of conversation based on the grade-level you teach. This activity is meant to complement lessons around heart health and hydration.</p>	