

Lesson Plan

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Programme of Study: YSBR	Year Group: 7 - 10	Date:
Knowledge, Skills and Understanding: Learning about water – sources, key functions, which foods it is in, how much we need in the diet	Grouping: 6 – 20	Duration: 1 – 2 hours
	Activity:	

Learning Intentions:
To understand why we need water, how much we should have, and which fluids/foods provide it.

Progression of Learning and Teaching:

Key Teaching Points

Introduction:

Learn how much we need and how to work out individual requirement

Watch web animations and complete on line quiz
Note intake of water in own diet from drinks and foods noted on work sheet
Calculate own fluid requirement

Make plans for dietary changes as required

By the end of the session students should understand:

- Why water is so important
- Which foods have a high water content

Points to Remember:

Key Learning & Teaching Strategies

Resources:

Water, fluids, millilitres (ml), litres (l)

Key Vocabulary:

Which foods are high in water? Why do we need water? Are they consuming enough fluid?

Key Questions:

Group discussion, different ways of learning, class quiz

Formative feedback and student activities

Differentiation:

Assessment Methods:

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How much water they need and whether they are consuming enough

Conclusion/Plenary:

Evaluation/Next Steps:

Cross Curricular Links:

Students should have completed the Essential Nutrients – Water worksheet, calculated their own personal fluid requirement, watched the animations and taken part in the class quiz.

Success Criteria:

Extra Notes: