

## **PE Activity: Water Chasing Salt**

### **Supplies Needed for a Class of 25:**

- None

### **Length of Time to Complete:**

- 5 minutes to introduce activity
- 10 - 15 minutes to play

### **Audience (grades): 4th**

### **Lesson:**

The US Dietary Guidelines suggest we consume 2,300 milligrams or less of salt per day. The average person is eating more salt than 2,300 milligrams. Even though sodium is an important mineral for our bodies, too much salt can lead to high blood pressure.

Does anyone remember ways that we can reduce the amount of salt we eat? (*Do not add any salt to our food while cooking or eating, make more meals at home, eat more whole foods like fruits and vegetables.*)

How do we know how much salt a product has? (*Read the nutrition label.*) The number of milligrams of sodium an item contains, per serving is listed on the nutrition label. If you are eating more than one serving you have to multiply the sodium in milligrams by the number of servings you are eating to get an accurate number of your sodium intake.

Today we are going to play a game of chase, similar to how water chases salt. First let's warm up! Let's line up at the end of the gym. Everyone will run from one line at this end of the gym to the line at the other end of the gym. Let's do this four times, bending down to touch the line each time. Ready, go!

Set-Up:

- Designate two taggers, each representing “water”.
- The remaining students will be representing “salt”.
- Use the entire gym or playing field.

Rules:

- The object is not to be caught by the “water”.
- If someone is tagged by “water” then they get on their hands and knees to form a bridge.
- In order to be freed, another “salt” must climb under your bridge.
- Players cannot be tagged when they are climbing under a bridge.
- The game is over when all the “salts” are stuck in bridges.