

**October PE Activity: Elephant Tag****Nutrition Lesson(s) Supported:**

-Better Beverages

Supplies Needed:

- 2 Pool Noodles

Length of Time to Complete:

5 minutes to introduce activity

10 minutes to play tag

Audience (grades): 4th**Common Core Standards Taught:**

- English Language Arts: Speaking and Listening: 4.1
 - Pose and respond to specific questions to clarify or follow up on information, and make comments that contribute to the discussion and link to the remarks of others.

Lesson:

Raise your hand and tell me why it is important to stay hydrated?

Staying hydrated is incredibly important for our health. Over 60% of our body is made of water!

What can happen if we become dehydrated?

Being dehydrated can make us feel sleepy, hungry and, sometimes, crabby. It can also make it hard to concentrate, cause a headache or cause an upset stomach.

What is the best beverage to drink to stay hydrated? Water

How much water should you drink each day?

At a minimum, you should drink 5 cups. If you are very active or it is really hot outside, you will need more water.

Do you know how elephants drink water?

They don't drink water through their trunks like a straw, but rather suck the water using their trunks and then spray the water into their mouths!

Elephants can drink anywhere from 280 to 800 cups of water per day (it depends on the season and availability of water)!

Today, we are going to play Elephant Tag. Two of you will be 'it'. Your job is to tag as many people as you can using your 'trunk' (pool noodle). You must hold the noodle with two hands and tag people below the waist. If you are tagged, you must go to the watering hole (designate a special area) and do 10 pushups (or mountain climbers, high jumps etc.) and then you can rejoin the game.

Play several rounds of the game alternating 'elephants'.