

## Objective

By the end of this lesson, the student will be able to understand the importance of health and physical education in the context of the Wild West and how it relates to their own health and well-being.

## Materials and Prep

Materials: Cowboy hat, bandana, water bottle

Prep: Familiarize yourself with basic facts about health and physical education in the Wild West era.

## Activities

1. Dress like a cowboy or cowgirl and engage in a Wild West-themed physical activity, such as a lassoing game or a pretend horseback riding race.
2. Discuss the importance of staying hydrated in the Wild West and how it relates to health. Encourage the student to drink water from the water bottle during the activity.
3. Explore the types of physical activities that were common in the Wild West and compare them to modern-day activities for staying healthy.

## Third Grade Talking Points

- "In the Wild West, cowboys and cowgirls had to stay active to take care of their animals and work on the ranch. They did a lot of physical activities like riding horses and herding cattle."
- "Drinking water was very important in the Wild West because it was hot and dry. Just like cowboys and cowgirls, we need to drink water to stay healthy and keep our bodies working well."
- "Even though we don't live in the Wild West, we can still do fun activities like riding bikes, playing sports, and running around to stay healthy and strong."