

Among Us: Building a Healthy Body

Learning Objectives

- I can identify major organs in my body and what they do. (1.1a)
- I can describe the importance of having a healthy heart, brain, and lungs. (1.2a)
- I can share ways to maintain a healthy heart, brain, and lungs for lifelong health.(1.3a)

Teacher Notes

- This activity should be done to review why the heart, brain, and lungs are so important. Students can also learn how to keep these parts of our body healthy..
- Teachers are instructed when to pause for students to answer questions.

Lesson Steps: Video Outline

<https://drive.google.com/file/d/16WXRTkWXWwQMJAd9R6HDX51vAwdZrKcq/view?usp=sharing>

Step 1 Introduction

- Pre Assessment- students are asked
 - Why do we need our heart, brain and lungs to survive and live our life everyday?
 - The teacher should pause here to give students a chance to answer the question.

Step 2 Activity

- Quick recap of some functions of our brain, heart, and lungs.
- Students will hear what their job is and how to keep that part of our body healthy.
- Students will plan an Among Us game where they will see 3 pictures on the screen. They will have to determine which of the 3 pictures is the imposter or doesn't help build a healthy body. They will complete the exercise that matches the picture they picked.

Step 3 Closure

- Post Assessment- students are asked to share with the teacher ways they take care of their brain, heart, and lungs everyday. Did they learn something today that will not become part of their daily routine?



Assessments

- Pre Assessment- students are asked the following question...
 - Why do we need our heart, brain and lungs to survive and live our life everyday?
 - The teacher should pause here to give students a chance to answer the question.
- Post Assessment- students are asked to share with the teacher ways they take care of their brain, heart, and lungs everyday. Did they learn something today that will not become part of their daily routine? Teachers should hold a class discussion on this question.

Extensions/Connections/Applications

- Have students reflect on how important the overall health of our brain, lungs and heart affects the rest of our body.
- Tie in nutrition and how eating a healthy balanced diet keeps our major body organs working