



Grade 1 Sample Lesson Plan: Unit 2– Organs & Systems

SOLs

- 1.1.A Identify body structures (e.g., abdomen, chest, head) and organs (e.g., heart, brain, lungs, stomach)
- 1.1.B Describe how body systems work together (e.g., cardiovascular, digestive, immune, muscular, nervous, skeletal, respiratory)
- 1.2.A Describe the importance of having a healthy heart, brain, and lungs
- 1.2.B Select behaviors that help keep the heart, brain, and lungs healthy

Objectives/Goals

- The student will identify body organs.
- The student will investigate body systems.
- The student will describe the importance of having a healthy heart, brain, and lungs
- The student will identify behaviors that keep a heart, brain, and lungs healthy
-

Materials

- PowerPoint: 1st Grade All About Me Body Organs & Systems
- Worksheet: My Heart, Lungs, and Brain

Procedure

Using the Powerpoint as a guide, begin the lesson on slide 2. The teacher will review the major body parts. This will allow the teacher to assess how much the students already know. The teacher can ask the students to point to their head, stomach, chest, etc. or the teacher can point to his/her body parts and the students can shout out the answer. To finish the review, ask the students to think about where in their body important organs are stored. Ask for volunteers to answer.

Slide 3: Introduce the heart (and circulatory system) with the two pictures. Ask for volunteers.

Slide 4: Watch the video clip to learn about the circulatory system.

Slide 5: Discuss ways to keep the heart healthy and why it is important.

Slide 6: Introduce the lungs. Ask for volunteers to identify what they see and what it does.

Slide 7: Watch the video clip to learn about the respiratory system.

Slide 8: Discuss ways to keep the lungs healthy and why it is important.

Slide 9: Introduce the brain. Ask for volunteers to identify what they see and what it does.

Slide 10: Watch the video clip to learn about the nervous system.

Slide 11: Discuss ways to keep the brain healthy and why it is important.

Slide 12-16: Optional: Introduce other body systems with slides 13-16 and watch the videos to learn about each system.

Slide 17: Introduce the assignment. Pass out the worksheet: My Heart, Lungs, and Brain.

Slide 18: Review the heart and its function. Allow the students to look at the picture and draw the heart on their worksheet.

Slide 19: Review the lungs and its function. Allow the students to look at the picture and draw the lungs on their worksheet.

Slide 20: Review the brain and its function. Allow the students to look at the picture and draw the brain on their worksheet.

Slide 21: End class with a classroom energizer.

References

Mary McCarley, 2018

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

My Heart, Lungs, and Brain

Directions: Looking at the pictures on the screen, draw the heart, lungs, and brain. Label each organ. Add facial features, hair, and color to your person.

