



Health Smart Virginia - Sample Lesson Plan

Grade 1 – Body Systems

Unit 2

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

Title: Body Organs & Systems

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:

Step 1	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.
Step 2	Slide 3: Introduce the heart (and circulatory system) with the two pictures. Ask for volunteers.
Step 3	Slide 4: Watch the video clip to learn about the circulatory system.
Step 4	Slide 5: Discuss ways to keep the heart healthy and why it is important.
Step 5	Slide 6: Introduce the lungs. Ask for volunteers to identify what they see and what it does.
Step 6	Slide 7: Watch the video clip to learn about the respiratory system.
Step 7	Slide 8: Discuss ways to keep the lungs healthy and why it is important.
Step 8	Slide 9: Introduce the brain. Ask for volunteers to identify what they see and what it does.
Step 9	Slide 10: Watch the video clip to learn about the nervous system.
Step 10	Slide 11: Discuss ways to keep the brain healthy and why it is important.
Step 11	Slide 12-16: Optional: Introduce other body systems with slides 13-16 and watch the videos to learn about each system.
Step 12	Slide 17: Introduce the assignment. Pass out the worksheet: My Heart, Lungs, and Brain.
Step 13	Slide 18: Review the heart and its function. Allow the students to look at the picture and draw the heart on their worksheet.
Steps 14	Slide 19: Review the lungs and its function. Allow the students to look at the picture and draw the lungs on their worksheet.
Step 15	Slide 20: Review the brain and its function. Allow the students to look at the picture and draw the brain on their worksheet.
Step 16	Slide 21: End class with a classroom energizer.

Assessments, References & Sources: Mary McCarley, 2018

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.

