



Health Smart Virginia - Sample Lesson Plan

Grade 1 – Body Systems

Unit 3

SOLs:

- 1.1.a Identify body structures (abdomen, chest, head) and organs (heart, brain, lungs, stomach).
- 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: Inside Your Body – The Heart

Objectives/ Goals:

- The student will be able to identify the heart from a picture.
- The student will be able to cite what the functions of the heart are.
- The students will be able to identify the heart as one of the body's major organs.
- The student will be able to list several ways to keep your heart healthy.

Materials:

- Video –You Tube – Magic Box English/Heart https://youtu.be/_PnD8KCNurs
- The Heart –blood circulation – coloring sheet
- Heart - coloring/ cut-out sheet

Procedure:

Step 1	Tell the students that we are going to be learning about the human body. We will learn about different body parts, where to find them, what their job is, and how to keep those body parts healthy. After we have learned about the parts we will be putting together a project using body parts we have colored.
Step 2	Today we will be learning about the heart. Show the video on You Tube titled Magic Box English –Heart. 2:44 min. https://youtu.be/ PnD8KCNurs
Step 3	After the video discuss some of the important features of the heart, including: The heart is a muscle, the heart is the size of your fist, the heart beats 100,000 a day, and the heart is a pump that pumps blood throughout your body.
Step 4	Have students color the heart /blood circulation worksheet. Explain that they will need a blue and red crayon. Follow the instructions as stated on the sheet.
Step 5	Discuss ways to keep your heart health. Make sure the students include items such as: Exercise that makes your heart beat faster, eating healthy foods, eating low fat foods, eating fruits and vegetables, and not smoking.
Step 6	Have students color the heart on the last coloring sheet. The students will cut them out and either place them in a folder or have the teacher collect them for their final project. “ My Body”
Step 7	Summarize what the students learned today and why it is important to take care of your heart so that you will be able to be active, run fast, be healthy, and have a long life.

Assessments, References, & Sources:

- You Tube – Magic Box English/Heart
- Coloring Sheet -The Heart Blood Circulation. education.com
- Coloring Sheet – DTLK.com/Body Parts
- Nancy C Lewis, 2018

The Heart

blood circulation



