



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 1 – Body Systems

Unit 4

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 health.

Title: My Lungs

Objectives/ Goals:

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

Materials:

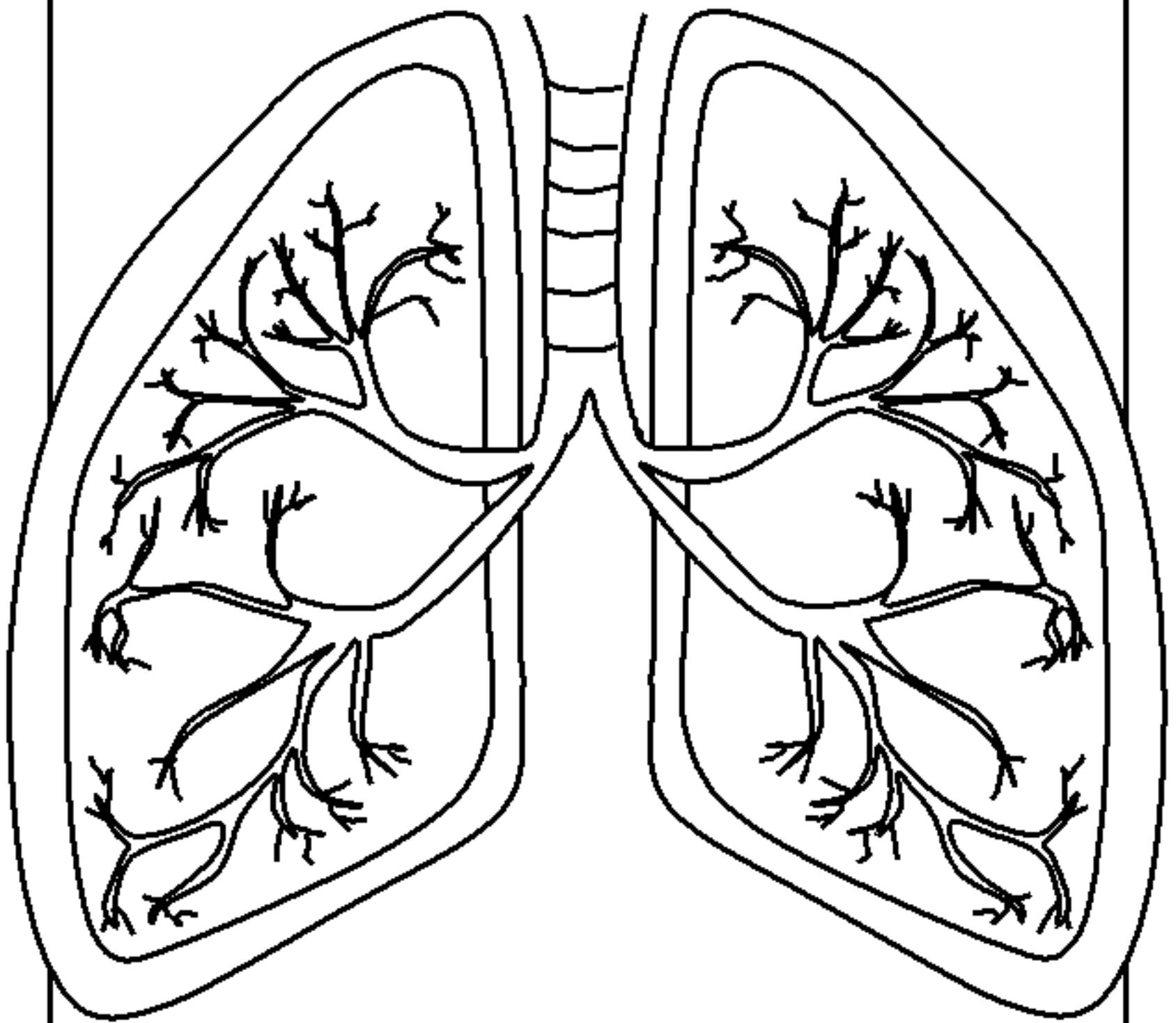
- You Tube Video – Magic Box English - lungs <https://youtu.be/C-k4N78UJkw>
- Worksheet - Breathing
- Coloring Sheet - Lungs

Procedure:

Step 1	Explain to the class that we are continuing our unit on the human body. Tell students that today we will be learning about our lungs.
Step 2	Have the students watch the video on You Tube – Magic Box English – Lungs, time, 2:41
Step 3	After the video have the students discuss some important facts that we learned about the lungs. Make sure the answers include: Lungs take in oxygen and give off carbon dioxide, helps us talk, allows us to stay alive, the lungs are filled with tiny air sacs, and we take 23,000 breaths every day.
Step 4	Have students stand up and take 3 deep breaths while putting their hand on their chest. Have them feel their rib cage expand as they inhale and deflate as they exhale. Explain that oxygen goes into your blood and is carried around your body. Why do you think doctors ask you to take deep breaths when they examine you? Inhaling and exhaling can help us do what activities? Possible answers: Blow up balloons. Blow bubbles, blow out candles, talk, sing, hold our breath underwater, and relax.
Step 5	Have students color the “Breathing” worksheet while going over the breathing steps.
Step 6	Discuss why is it important to keep our lungs healthy? How can we keep them healthy? Answers may include: No smoking, exercise, staying in on hot, humid days, practicing yoga.
Step 7	Have students color sheet titled “Lungs” Have them cut out and save in a folder or have teacher collect them for the final “My Body” project.

Assessments, References, & Sources:

- You Tube video – Magic Box English - Lungs
- Coloring sheet “Breathing”, education.com/worksheets
- Coloring sheet “Lungs”, DTLK.com - Body Parts
- Nancy C. Lewis, 2018



lungs

Breathing

You breathe in air through your **nose (1)** and **mouth (2)**.

Air travels down the **trachea or windpipe (3)** and through the branching **bronchi (4)** to reach the **lungs (5)**.

