Grade 1 Sample Lesson Plan: Unit 7 – My Body

SOLs

- 1.1.a Identify body structures (abdomen, chest, head) and organs (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 health.

Objectives/Goals

- The student will be able to identify body structures and organs from previous lessons.
- Students will be able to state facts of importance for the body parts presented.
- Students will be able to correctly locate the appropriate place on the body for each body part.

Materials

- Power Point "My Body"
- Butcher block paper
- Crayons
- Body part worksheet

Procedure

- Show the Power Point "My Body" while going over information that the students have learned all week.
- Tell the students to take out the body parts we have saved from our 4 previous lessons. Heart, brain, stomach, and lungs.
- Explain that we will go outside on the blacktop and get into pairs. Each student will have a large piece of paper and a crayon. One student will lay down with arm and legs stretched out while the other student traces them. When the students are all finished we will return to the classroom. The students will then glue their collected body parts on the correct locations on the body. When they have completed this task successfully, they will cut out their body shape. We will display our bodies in the hall.
- *See attached

References

Power Point, Nancy Lewis

The Human Body Charts, Evan-Moor Corp. 1998

Handout

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

©Sheri Amsel
www.exploringnature.org