



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade: 1st

Unit: Anatomy- Brain

SOLs:

1.2 The student will identify basic anatomical structures and basic spatial awareness concepts.

a) Identify where the brain is located.

Title: Brain Master

Objectives/ Goals:

The student will ...

- Understand the brain is in charge and tells our bodies what to do
- Identify the location of the brain
- Work together among classmates during activity

Materials:

- 1-2 tagging devices (i.e. bean bags)
- 1 helping device (i.e. noodle, different color bean bag, ball)

Procedure:

Introduction:

Created by: Kim Gentry

- The brain is in charge and directs the muscles to move by sending a message. The body is only ever moving because our brain has told it to. Different muscles move different body parts.
- Review where the brain is located

Description:

- Teacher identifies one tagger who will be the brain master. The teacher will also choose a helper.
- When the brain tags a student, they will tell them to move in a certain way. (Teacher should give 3 specific movements for the brain master to choose from for round 1)
- When tagged, a student must move in that specific way (i.e. march, jump, etc.) until the helper comes and “unfreezes” them.
- Once students understand the game, allow the brain masters to choose any appropriate move they wish for students to do when tagged.

Closure:

- Review importance of brain and how it controls the entire body
- Review location of brain

Assessments:

- Assess formatively through teacher observation
- See attached exit slip

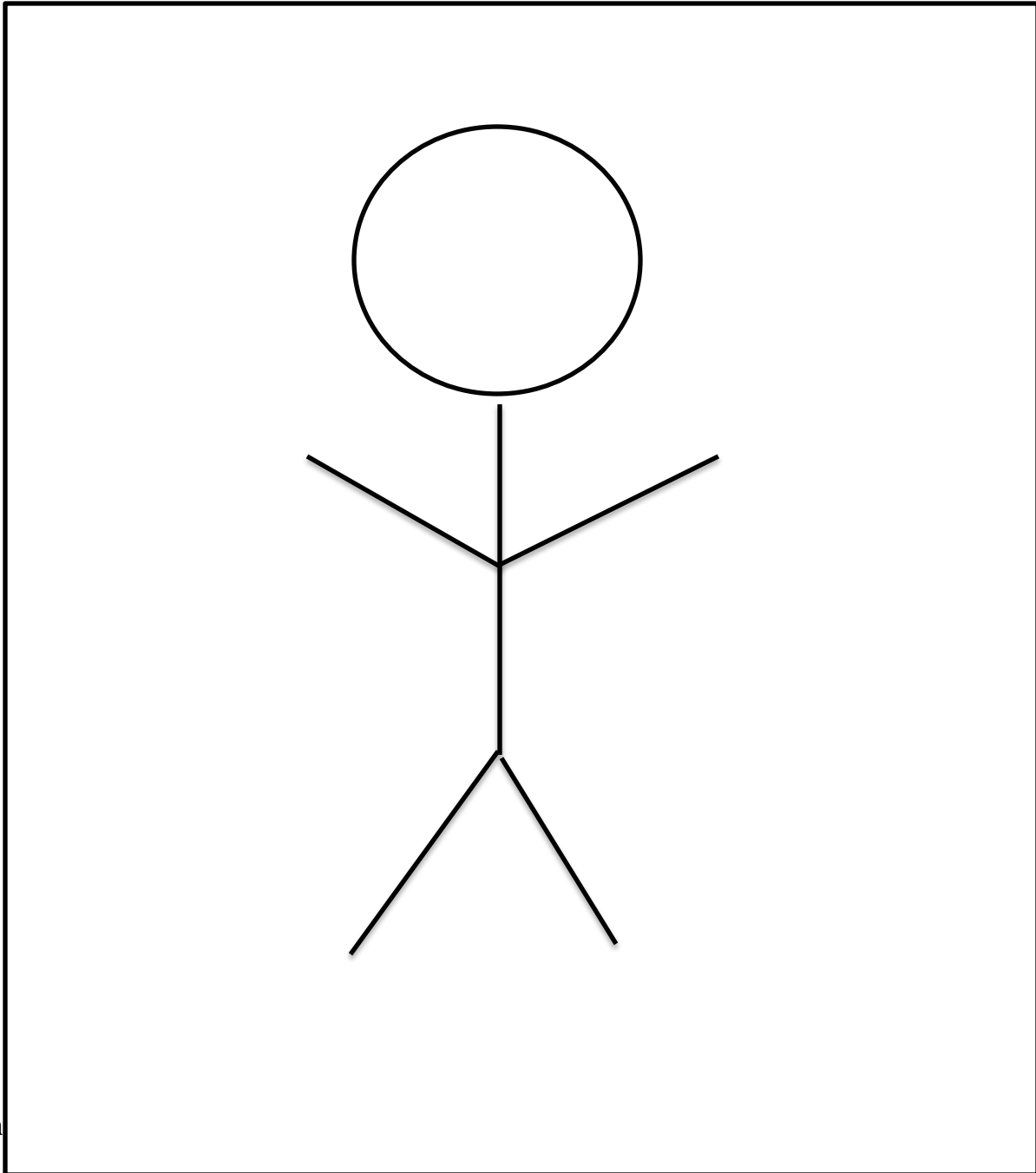
References & Sources:

- https://classroom.kidshealth.org/classroom/prekto2/body/systems/nervous_system.pdf?ref=search

NAME: _____ DATE: _____

BRAIN MASTER

Draw a picture of what organ controls your entire body in the correct location!



Crea