



## Grade 2 Sample Lesson Plan: Our Cardiorespiratory, Skeletal and Muscular Body Systems are Working

### Objectives/Goals

- The student will identify structures that form body systems.
- The student will identify possible consequences of not caring for cardiorespiratory, skeletal, and muscular systems.
- The student will describe how food choices, regular physical activity, and getting enough sleep are essential components of a healthy lifestyle.
- The student will explain how regular physical activity and healthy eating habits and food choices keep the cardiorespiratory, skeletal, and muscular systems healthy.

### Materials

- PowerPoint: 2nd Grade All About Me Body Systems
- Worksheet: Cardiorespiratory, Muscular, and Skeletal System

### Steps

- Using the Powerpoint as a guide, begin the lesson on slide 2. The teacher will
- introduce the topic of the cardiorespiratory systems by asking students to fill in the blank in the sentence.

## Health Smart Virginia Sample Lesson Plan

- Slide 3: Show students a picture of a heart and lungs.
- Slide 4: Introduce the topic of the cardiorespiratory system.
- Slide 5: Watch the video clip to learn more about how the heart and lungs work together.
- Slide 6: Allow students to feel their pulse and their lungs expand and contract.
- Slide 7: Discuss strategies for healthy heart and lungs.
- Slide 8: Discuss consequences for not caring for the cardiorespiratory system.
- Slide 9: Introduce the next topic of bones and the skeletal system with the question, Can You Help Me?
- Slide 10-11: Introduce the topic of bones and the skeletal system.
- Slide 12: Watch the video clip to learn about bones and the skeletal system.
- Slide 13: Discuss strategies for healthy bones and skeletal system.
- Slide 14: Ask students to read the scenario and decide what is the better snack option.
- Slide 15: Review foods high in calcium.
- Slide 16: Discuss consequences for not caring for the skeletal system. Allow students to share stories.
- Slide 17: Introduce the muscular system with the question, Can You Help Me?
- Slide 18: Review the answer and introduce the muscular system
- Slide 19: Watch the video clip to learn how the muscles work.
- Slide 20: Discuss strategies for healthy muscles and muscular system.
- Slide 21: Discuss consequences of not caring for the muscular system. Allow students to share stories.
- Pass out the worksheet: Cardiorespiratory, Muscular, and Skeletal System.
- Allow time in class for the students to complete with a partner and record their answers. Reflect as a class.
- Slide 22: End class with a classroom energizer.

### References

- Mary McCarley, 2018

### Handout

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

# Cardiorespiratory, Muscular, and Skeletal System

**Directions:** Exercise is fun, and it strengthens the cardiorespiratory, muscular, and skeletal system. With a partner, do the following exercises and answer the questions related to each exercise. Take turns and cheer your partner on.

<b>Exercise</b>	<b>Question</b>
<b>Do 25 jumping jacks</b>	<b>When you are done, find your pulse in your neck. Is your heart beating fast or slow?</b>
<b>Do 10 (or more) squats</b>	<b>What muscles in your body are you making stronger?</b>
<b>Do as many pushups as you can</b>	<b>How many pushups did you do? What muscles in your body are you making stronger?</b>
<b>Hold a plank for 30 seconds</b>	<b>What muscles in your body are you making stronger?</b>