



Health Smart Virginia - Sample Lesson Plan

Grade 2 – Health Promotion

Unit 3

SOLs:

- 2.1.A Identify structures that form body systems, to include the heart and lungs (cardiorespiratory system), bones (skeletal system), and muscles (muscular system).
- 2.2.A Identify possible consequences of not caring for cardiorespiratory, skeletal, and muscular systems.
- 2.2.B Describe how food choices, regular physical activity, and getting enough sleep are essential components of a healthy lifestyle.
- 2.2.C Explain how regular physical activity and healthy eating habits and food choices keep the cardiorespiratory, skeletal, and muscular systems healthy.

Title: Body Systems

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

Procedure:

Step 1	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.
Step 2	Slide 3: Show students a picture of a heart and lungs.
Step 3	Slide 4: Introduce the topic of the cardiorespiratory system.
Step 4	Slide 5: Watch the video clip to learn more about how the heart and lungs work together.
Step 5	Slide 6: Allow students to feel their pulse and their lungs expand and contract.
Step 6	Slide 7: Discuss strategies for healthy heart and lungs.
Step 7	Slide 8: Discuss consequences for not caring for the cardiorespiratory system.
Step 8	Slide 9: Introduce the next topic of bones and the skeletal system with the question, Can You Help Me?
Step 9	Slide 10-11: Introduce the topic of bones and the skeletal system.
Step 10	Slide 12: Watch the video clip to learn about bones and the skeletal system.
Step 11	Slide 13: Discuss strategies for healthy bones and skeletal system.
Step 12	Slide 14: Ask students to read the scenario and decide what is the better snack option.
Step 13	Slide 15: Review foods high in calcium.
Step 14	Slide 16: Discuss consequences for not caring for the skeletal system. Allow students to share stories.
Step 15	Slide 17: Introduce the muscular system with the question, Can You Help Me?
Step 16	Slide 18: Review the answer and introduce the muscular system
Step 17	Slide 19: Watch the video clip to learn how the muscles work.
Step 18	Slide 20: Discuss strategies for healthy muscles and muscular system.
Step 19	Slide 21: Discuss consequences of not caring for the muscular system. Allow students to share stories.
Step 20	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.
Step 21	Slide 22: End class with a classroom energizer.

Assessments, References & Sources: Mary McCarley, 2018

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.

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