



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade: 2nd

Unit: Bones

SOLs:

2.2 The student will identify major musculoskeletal structures and the cardiorespiratory system and explain the importance of spatial awareness while moving.

f) Identify major bones, to include skull, ribs, and spine.

Title: Bone Labeling

Objectives/ Goals:

The student will:

- Identify bones to include skull, ribs, and spine
- Earn bone cards by successfully completing associated tasks
- Work cooperatively in groups and among peers to label group members correctly

Materials:

- Pre-printed and laminated bone cards (see attached)
- Skill/Unit related equipment

Procedure:

Introduction:

- Include/review locations of bones to include skull, ribs, and spine

Description:

- This activity can be applied to any skill related unit or game where students have the

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opportunity to earn things. In this case, student groups earn “bone cards”.

- For example, during a basketball dribbling unit, a student from a group scores a basket. That group then earns one bone card and brings it back to their group. Once the group earns all their bone cards and they are correctly labeled on a group member, that group wins. Another example would be students earning cards for completing exercises, etc.
- It can also be a cooperative activity where no one wins, but all groups must complete the task so the class can “win”.
- Student should switch roles within groups so everyone has a chance to do each task.

Closure:

- Review locations of bones. Teacher calls out name of bone while students point to the correct location of that bone on their own body.

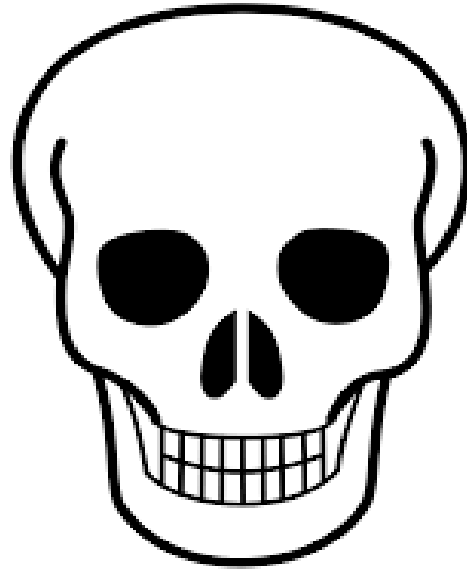
Assessments

- Take a picture of each completed, labeled student as a form of assessment for each group.
- Assess through teacher observation/checklist as students complete activity.

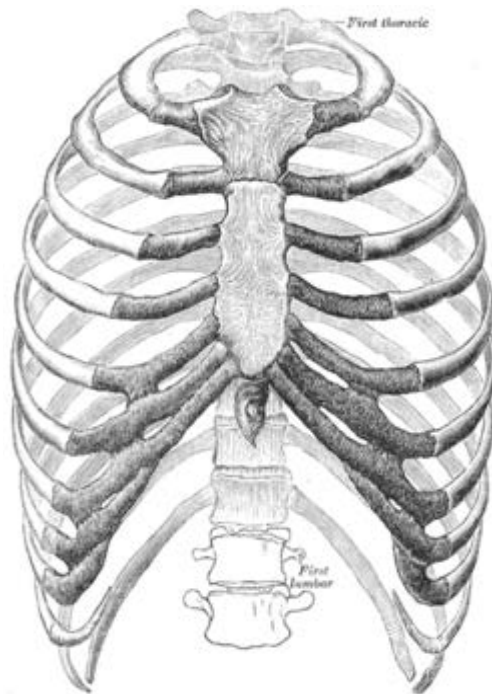
References & Sources:

- <https://classroom.kidshealth.org/prekto2/body/parts/bones.pdf>
- https://www.scholastic.com/content/dam/teachers/blogs/genia-connell/migrated-files/mr._skeleton.pdf

SKULL



RIBS



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SPINE



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