



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

Grade: 2<sup>nd</sup>

**Unit: Anatomy- Brain and Muscles**

**SOLs:**

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

- c) Explain that the brain sends a message to the body to move.
- d) Identify major muscles, to include quadriceps, biceps, abdominals and heart.
- e) Explain that muscles tense to keep the body in a balanced position.
- f) Identify major bones, to include skull, ribs, and spine.

**Title: Brain Master**

**Objectives/ Goals:**

The student will ...

- Explain that the brain sends a message to the body to move.
- Identify the location of the brain
- Work cooperatively among peers during activity.

**Materials:**

- 2-3 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-three taggers who will be the brain masters. The teacher will also choose a helper.
- When a brain tags a student, they will tell them to move in a certain way.
- When tagged, a student must move in that specific way (i.e. march, jump, balances, etc.) until the helper comes to unfreeze them.
- In final round, students can be helped only if they can identify a muscle or bone involved in the movement. Teachers should give specific exercises for this alternative at an appropriate developmental level.

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

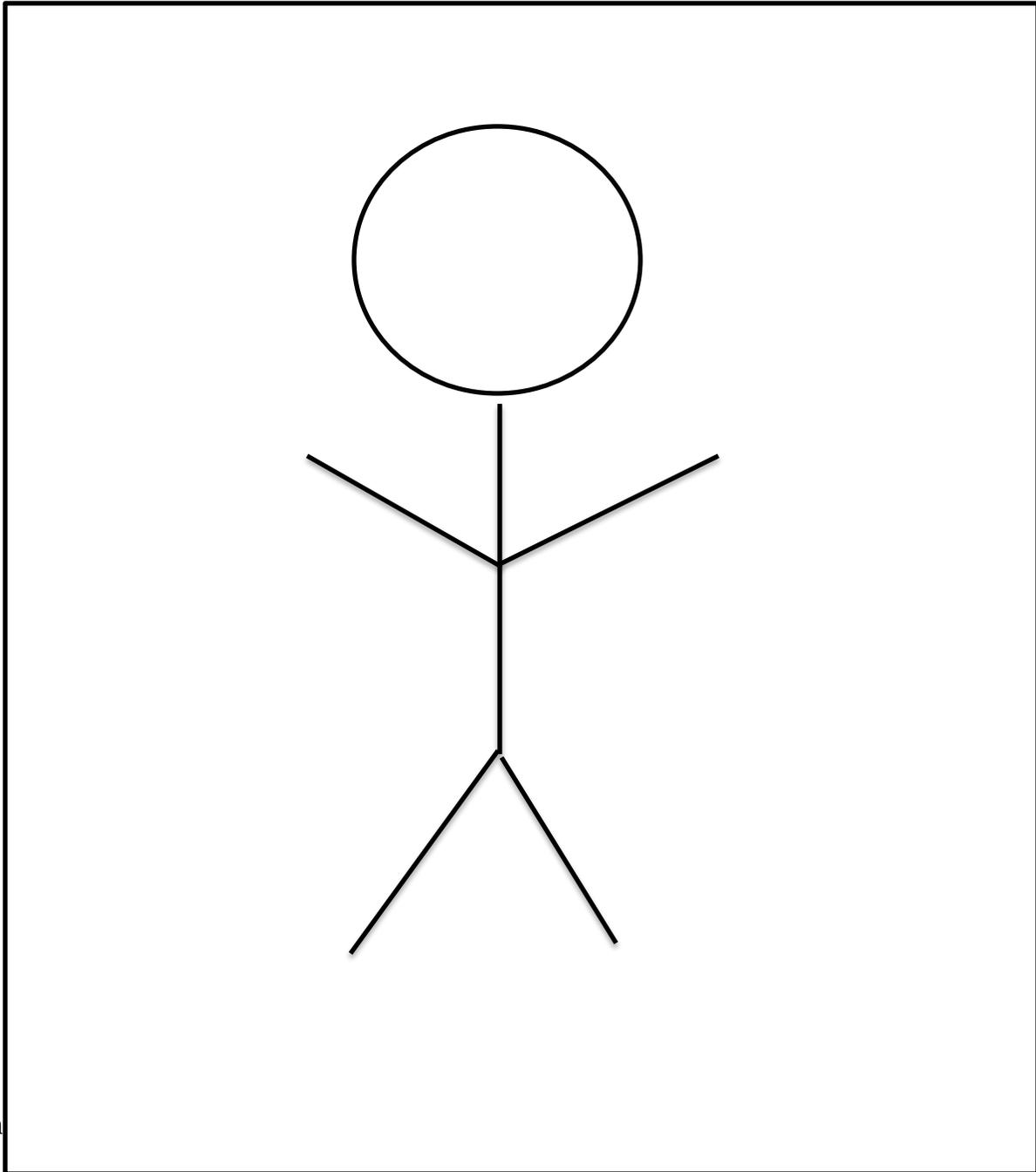
**References & Sources:**

- [https://classroom.kidshealth.org/classroom/prekto2/body/systems/nervous\\_system.pdf?ref=search](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