



Health Smart Virginia - Sample Lesson Plan

Grade: 2nd

Unit: Muscles

SOLs:

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

d) Identify major muscles, to include quadriceps, biceps, abdominals and heart.

Title: Muscle Labeling

Objectives/ Goals:

The student will:

- Identify muscles to include quadriceps, biceps, abdominals, and heart
- Earn muscle cards by successfully completing associated tasks
- Work cooperatively in groups and among peers to label group members correctly

Materials:

- Pre-printed and laminated muscle cards (see attached)
- Resistance equipment (light hand weights, resistance bands)
- Mats

Procedure:

Introduction:

- Include/review muscles to include quadriceps, biceps, abdominals, and heart

Description:

- Students work in small groups (2-3) to earn each muscle card.
- To earn a card, each group member must complete 10 reps of the designated exercise for each specific muscle. For example, students must do 10 bicep curls to earn the bicep card.
- They have a choice of any core exercise to earn the abdominal card. After they earn all the cards, 1 partner lays down on the floor and the other uses the muscle cards to label where each one is. Students switch roles after they finish labeling. This activity can also be used as an assessment.

Closure:

- Review locations of muscles. Teacher calls out name of muscle while students point to the correct location of that muscle 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/classroom/prekto2/body/parts/bones.pdf?ref=search>

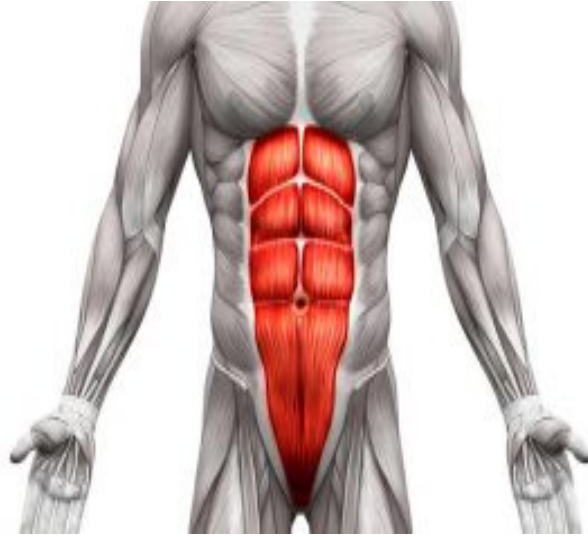
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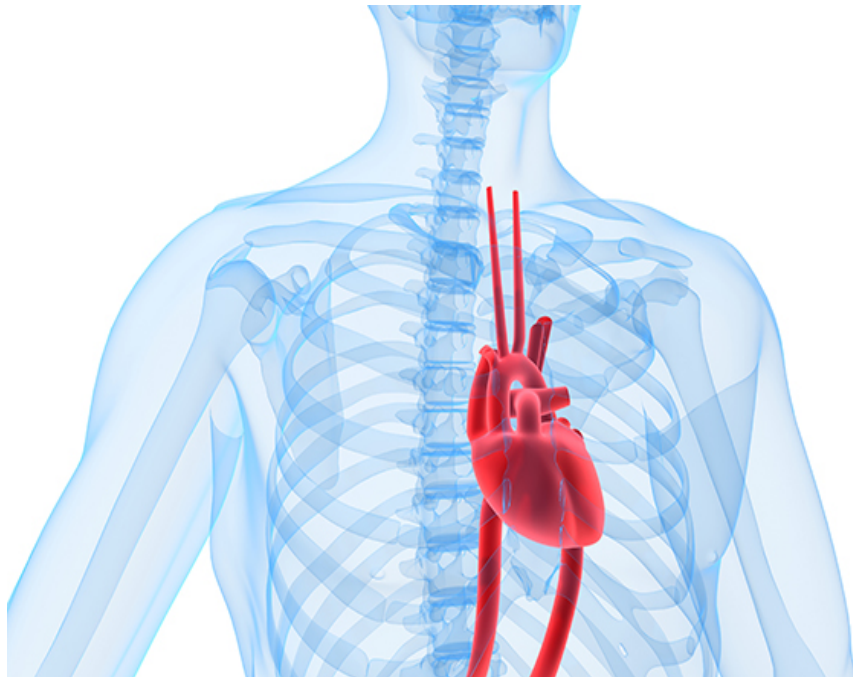
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Created by Tommy Landseadel and Luke Noble