



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade: 3rd

Unit **Anatomy- Cardiorespiratory System**

SOLs:

3.2 The student will identify major structures of the body, to include body systems, muscles, and bones, and identify basic movement principles.

C. Describe the components and function of the cardiorespiratory system, to include heart, lungs, and blood vessels.

Title: **Body System Frenzy**

Objectives/ Goals:

The student will ...

- Identify components of the cardiorespiratory system
- Describe function of the cardiorespiratory system
- Identify exercises that improve the cardiorespiratory system
- Demonstrate moving in safe spaces among classmates.

Materials:

- 3-4 tagging devices (i.e. bean bags)
- 1-2 helping device (i.e. noodle)

Procedure:

Introduction:

- Include/review the function of the cardiorespiratory system and its components.

Description:

- Beginning with 1 tagger at a time, students will play a typical tag game, but when tagged, a student must jump in place (or some exercise) until they are helped.
- The only way a student can be helped is to identify to the helper a body part/organ, etc. that is involved in the cardiorespiratory system. (i.e. A student is tagged by the cardiorespiratory tagger, they could say heart or lungs, etc.)
- Change/add more taggers/helpers as game progresses and change exercise each round.
- A variation would be to allow students to choose an exercise they do when they get tagged that would be categorized as a cardiorespiratory exercise (i.e. run in place, mountain climber, cross jacks, etc.)

Closure:

- Review important components and functions of the cardiorespiratory system to include heart, lungs, and blood vessels.

Assessments:

- Assess formatively through teacher observation
- See attached exit slip (can be written or oral as students leave learning space)

References & Sources:

- <http://www.pelinks4u.org/articles/TA1Health1009.pdf>

NAME: _____ DATE: _____

Exit Slip- Body Systems

1. Today we talked about the cardiorespiratory system. Can you name the two most important structures of it?

2. Choose one of the above answers and describe its function.
