



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

Grade: 3<sup>rd</sup>

**Unit: Bones**

**SOLs:**

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

d) Identify major bones, to include femur, tibia, fibula, humerus, radius, and ulna. [2 – skull, ribs, and spine]

**Title: Bone Labeling**

**Objectives/ Goals:**

The student will:

- Identify bones to include skull, ribs, spine, femur, tibia, fibula, humerus, radius, and ulna.
- 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, spine, femur, tibia, fibula, humerus, radius, and ulna

#### Description:

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

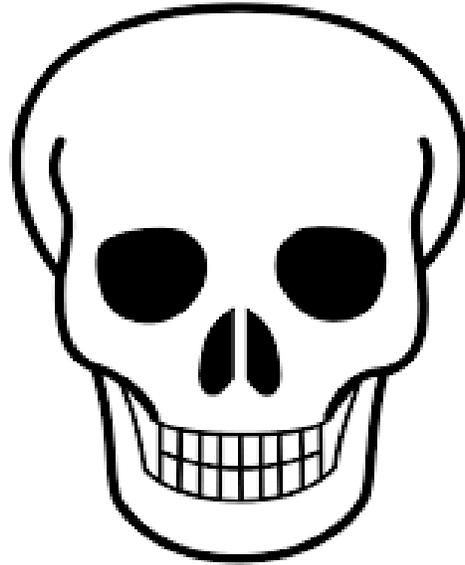
#### Assessments

- 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.

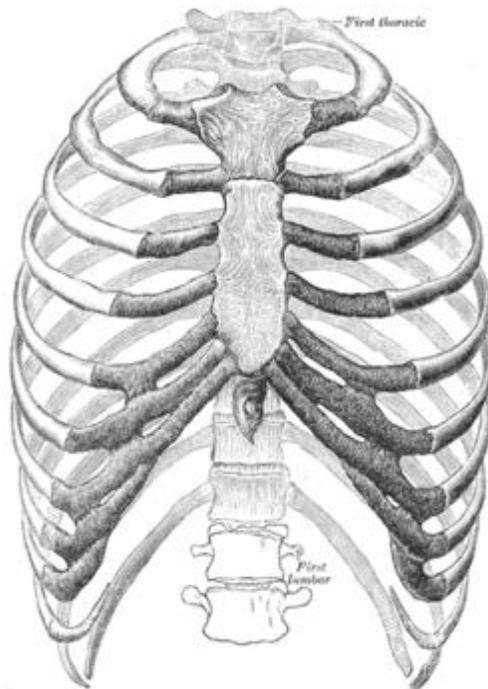
#### References & Sources:

- <https://classroom.kidshealth.org/prekto2/body/parts/bones.pdf>
- <https://classroom.kidshealth.org/classroom/3to5/body/parts/bones.pdf>
- <http://www.teacherplanet.com/content/skeletal-system>
- [https://www.scholastic.com/content/dam/teachers/blogs/genia-connell/migrated-files/mr.\\_skeleton.pdf](https://www.scholastic.com/content/dam/teachers/blogs/genia-connell/migrated-files/mr._skeleton.pdf)

# SKULL



# RIBS



Created by Tommy Landseadel and Luke Noble

# SPINE

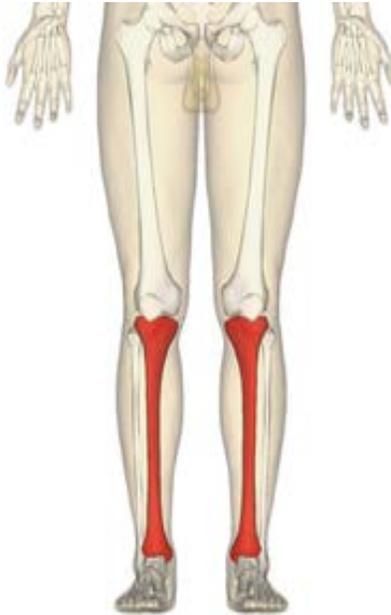


# FEMUR



Created by Tommy Landseadel and Luke Noble

# TIBIA



# FIBULA



Created by Tommy Landseadel and Luke Noble

# HUMERUS



# RADIUS



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# ULNA

