



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade: 4th

Unit: Anatomy- Cardiorespiratory System

SOLs:

4.2 The student will identify major structures and begin to apply knowledge of anatomy to explain movement patterns.

a) Identify and describe the major components 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

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.

3. What is one exercise that improves the cardiorespiratory system?
