



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

Grade: 4<sup>th</sup>

#### Unit: Anatomy- Brain and Muscles

#### SOLs:

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

- b) Identify major muscle groups, to include deltoid and gluteal. [*3 - hamstrings and triceps, 2 - quadriceps, biceps, abdominals, and heart*]
- c) Identify the major components of the skeletal system, to include sternum, vertebrae, patella, and phalange. [*3 - femur, tibia, fibula, humerus, radius, and ulna, 2 - skull, ribs, and spine*]
- e) Identify the bones and muscles needed to perform one fitness activity and one skilled movement.

#### Title: Brain Master

#### Objectives/ Goals:

The student will ...

- Explain that the brain sends a message to the body to move.
- Identify muscles that are used in specific movements.
- Work cooperatively among peers during activity while maintaining safe spaces.

#### Materials:

- 2-3 tagging devices (i.e. bean bags)
- 1 helping device (i.e. noodle, different color bean bag, ball)

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## **Procedure:**

### Introduction:

- 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.

### 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.
- The only way a student can be helped is if they can identify a muscle involved in the movement. Teachers should give specific exercises for this alternative at an appropriate developmental level for the first few rounds.

### Closure:

- Review importance of brain and how it controls the entire body
- Review muscles and which ones are involved in a few select exercises.

## **Assessments:**

- Assess formatively through teacher observation
- See attached exit slip

## **References & Sources:**

- <https://classroom.kidshealth.org/classroom/3to5/body/systems/nervous.pdf>

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## **BRAIN MASTER**

1. Name an exercise that the brain can tell the body to do.

\_\_\_\_\_

2. What muscle(s) are involved in this exercise?

\_\_\_\_\_