



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade: 4th

Unit: Anatomy - Bones

SOLs:

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

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*]

Title: Rollin' Bones

Objectives/ Goals:

The student will:

- Identify bones to include sternum, vertebrae, patella, and phalange, femur, tibia, fibula, humerus, radius, ulna, skull, ribs, and spine
- Build a skeleton by successfully rolling a match and earning skeleton pieces
- Work cooperatively with a partner and among peers during activity

Materials:

- At least 6 copies of pre-laminated skeleton sets (color coded helps with organization) See link below for skeleton example
- Hula hoops (1 per two students)
- Dice (1 set per two students)

Procedure:

Introduction:

- Include discussion on bones and locations focusing on specific grade level benchmarks.

Created by Stevie Gray and Kim Gentry

Description:

- Students will work together as a partner team to attempt to build all of the skeleton puzzles correctly.
- Each student will find a partner and together they will roll their dice inside of a hula hoop. If they roll a match, they are allowed to take one bone out of the paper bag and place it in its proper place on a skeleton.
- If the students do not roll a match – add or multiply the numbers together and perform that number of exercises before trying again. Teachers can prepare a list of exercise choices or have a specific exercise for each round that students do.
- In round 2, students can see what group can build their skeleton first.

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 skeleton
- Assess formatively through teacher observation

References & Sources:

- <https://www.scholastic.com/content/dam/teachers/blogs/genia-connell/migrated-files/mr. skeleton.pdf>