



## Grade 5 Sample Lesson Plan: Unit 1 – The Integumentary System

### SOLs

- 5.1.A Identify the major structures and functions of the integumentary (skin, hair, and nails) system.
- 5.3.D Develop a plan to prevent the spread of disease.

### Objectives/Goals

- Students will be able to identify the major structures and functions of the integumentary system.

### Materials

- Internet access

### Procedure

- Have students visit the KidsHealth.org site - *How the Body Works*: to:
  - read the article *Your Skin* (<http://kidshealth.org/en/kids/skin.html>);
  - watch the movie *How The Skin Works* (<http://kidshealth.org/en/kids/skin-movie.html>);
  - take the quiz at <http://kidshealth.org/en/kids/skinquiz.html> and
  - complete the *Skin and Hair* worksheet at <http://kidshealth.org/en/kids/bfs-skinactivity.html> to label parts of the skin.
- The KidsHealth.org Teacher's Guide on Skin at <https://classroom.kidshealth.org/classroom/3to5/body/parts/skin.pdf> provides additional ideas for activities and discussion.
- In addition, a more extensive discussion can be developed using information from the Skin Deep Project at the American Academy for the Advancement of Science (AAAS) including the article, *Integumentary System* (<http://sciencenetlinks.com/student-teacher-sheets/integumentary-system/>), and the lesson plan, *Skin as an Organ* (<http://sciencenetlinks.com/lessons/skin-as-an-organ/>)

### The Three Layers of Skin

- Source: *The Science in Skin*, American Academy for the Advancement of Science (AAAS) [http://sciencenetlinks.com/media/filer/2011/10/25/si\\_skin\\_book.pdf](http://sciencenetlinks.com/media/filer/2011/10/25/si_skin_book.pdf)
- **Activity:** Remind students that three core functions of skin are to protect body from germs, to keep bodies at the right temperature, and to enable the sense of touch and ask students to develop a poster that illustrates one way to help protect each of the three core functions and protect the body from disease (e.g., wear gloves, wash hands with soap and water, trim nails, hydrate in the heat, wear warm clothing in the winter, wear sunscreen)

### Assessment Idea

- Evaluate student performance on quizzes and activities

### References

- The AAAS Skin Deep Project - <http://sciencenetlinks.com/collections/skin-deep-project/>
- KidsHealth.org –
  - o Interactive site- *How the Body Works: Skin*  
<http://kidshealth.org/en/kids/skin-movie.html>
  - o Teacher's Guide - Skin  
<https://classroom.kidshealth.org/classroom/3to5/body/parts/skin.pdf>
  - o *How The Body Works* -YouTube Video Series  
<https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z>

### Handout

The next page includes a handout for the lesson. The handout is designed for print use only.