



Health Smart Virginia - Sample Lesson Plan

Grade: 5th

Unit: Anatomy- Body Systems

SOLs:

5.2 The student will apply anatomical knowledge and movement strategies in complex movement activities.

- a) Identify components of major body systems, to include cardiorespiratory, vascular, muscular and skeletal.

Title: Body System Frenzy

Objectives/ Goals:

The student will ...

- Identify components and functions of the cardiorespiratory, vascular, muscular, and skeletal systems.
- Identify exercises that improve the cardiorespiratory, vascular, muscular and skeletal systems
- Demonstrate moving in safe spaces among classmates.

Materials:

- 4 different color tagging devices (i.e. bean bags)
- 1-2 helping devices (i.e. noodles)

Procedure:

Introduction:

- Include discussion/review of the components of the cardiorespiratory, vascular, muscular, and skeletal systems.

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, muscle etc. that is involved in the system they are tagged by. (i.e A student is tagged by the cardiorespiratory tagger, they could say heart or lungs. If a student is tagged)
- 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>
- <https://kidshealth.org/en/kids/muscles.html>
- <https://kidshealth.org/en/kids/bones.html>

EXIT SLIP

During our game today, we reviewed some of our body systems and their importance:

1. Please list two body systems:

2. Choose one system and list at least 2 important parts/components:

_____ :

3. Can you name an exercise that improves one of these systems?
