



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

Grade: 5<sup>th</sup>

**Unit: Anatomy- Brain and Muscles**

**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.
- b) Apply knowledge of body systems, bones and muscles to accurately describe a variety of specific movements such as ball strike, overhand throw or volley.

**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)

**Procedure:**

Introduction:

Created by: Kim Gentry

- 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
- See muscle unit assessment

**References & Sources:**

- [https://classroom.kidshealth.org/classroom/prekto2/body/systems/nervous\\_system.pdf?ref=search](https://classroom.kidshealth.org/classroom/prekto2/body/systems/nervous_system.pdf?ref=search)
- <https://classroom.kidshealth.org/classroom/3to5/body/parts/bones.pdf>

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

## BRAIN MASTER

1. Name two exercises that the brain can tell the body to do.

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2. What muscle(s) are involved in these exercises?

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