



## Health Smart Virginia - Sample Lesson Plan

Grade: Kindergarten

**Unit:** Anatomy- Brain

**SOLs:**

**K.2 The student will identify basic structures of the body and basic spatial awareness concepts.**

- a) Explain that the body has muscles and bones that help the body move.

**Title:** Brain Master

**Objectives/ Goals:**

The student will ...

- Understand the brain is in charge and tells our bodies what to do

**Materials:**

- 1-2 tagging devices (i.e. bean bags)
- 1 helping device (i.e. noodle)

**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.

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Description:

- Teacher identifies one tagger who will be the brain master. The teacher will also choose a helper.
- When the brain tags a student, they will tell them to move in a certain way. (Teacher should give 3 specific movements for the brain master to choose from for round 1)
- When tagged, a student must move in that specific way (i.e. march, jump, etc.) until the helper comes and “unfreezes” them.
- Once students understand the game, allow the brain masters to choose any appropriate move they wish for students to do when tagged.

Closure:

- Review importance of brain and how it controls the entire body

**Assessments:**

- Assess formatively through teacher observation
- See attached exit slip

**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)

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

## **BRAIN MASTER**

Draw a picture of what organ controls your entire body!

