



Health Smart Virginia - Sample Lesson Plan

Grade – Kindergarten

Body Systems

Unit 2

SOLs:

- K.1.E Describe the five senses (sight, hearing, smell, taste, touch) and major body parts (e.g., head, trunk, arms, legs, hands, and feet).
- K.2.D Identify situations that require the use of each of the five senses.
- K.2.I Recognize how the body's parts work together.
- K.3.E Describe ways to protect the five senses.

Title: My 5 Senses & Body Parts

Objectives/ Goals:

- The student will describe the five senses and major body parts
- The student will identify situations that require the use of each of the five senses.
- The student will recognize how the body's parts work together.
- The student will describe ways to protect the five senses.

Materials:

- PowerPoint: K- All About Me My 5 Senses & Body Parts
- Worksheet: My 5 Senses & Body Parts

Procedure:




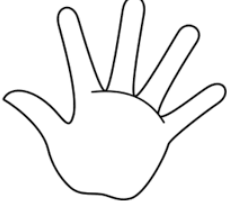

Step 1	Using the Powerpoint as a guide, begin the lesson on slide 2. The teacher will introduce the topic of the 5 senses.
Step 2	Slide 3: Watch the video clip to learn about the 5 senses.
Step 3	Slide 4: Discuss sight. Allow students to share.
Step 4	Slide 5: Discuss hearing. Allow students to share.
Step 5	Slide 6: Discuss smell. Allow students to share.
Step 6	Slide 7: Discuss taste. Allow students to share.
Step 7	Slide 8: Discuss touch. Allow students to share.
Step 8	Slide 9: Read Can You Help Me as a class. Allow students to share their responses.
Step 9	Slide 10: Read Can You Help Me as a class. Allow students to share their responses.
Step 10	Slide 11: Read Imagine That as a class. Allow students to share their responses.
Step 11	Slide 12: Discuss ways to protect the senses including not smoking (taste), wearing sunglasses or glasses (sight), and not listening to loud music (hearing.)
Step 12	Slide 13: Introduce the next topic of body parts.
Step 13	Slide 14: Discuss body parts. Allow students to either shout out the answer as the teacher points to the body part or the teacher can call out the body part and the students will respond by touching their own body.
Step 14	Slide 15: Allow students to look at the picture and determine which two body parts are missing.
Step 15	Slide 16: As a class, read the slide and allow students to share their responses about body parts working together.
Step 16	Slide 17: Students will stand at their desk and slowly pretend to swing a bat, thinking about all the body parts involved. Allow students to share their responses.
Step 17	Slide 18: Introduce the review.
Step 18	Slide 19: Teacher will lead a game of Simon Says to review the 5 senses and body parts.
Step 19	Pass out the worksheet: My 5 Senses & Body Parts. Students will complete the assignment individually or in pairs.
Step 20	Slide 20: End class with a classroom energizer.

Assessments, References & Sources:

Mary McCarley, 2018

My 5 Senses

Directions: Draw a picture in the box of how you use each of your 5 senses. Label your pictures.

My Body Parts

Directions: In the person below, do your best to label as many body parts as you can. After labeling the body, add a face and clothes to your body.

