

Bones & Muscles Lesson

Learning Objectives

I can identify several bones and muscles that work together to help my body move while playing a fun game of heads or tails.

- 2.1 The student will identify the major body systems, healthy food and beverage choices, emotions, and social skills and explain how each is connected to personal health.

Body Systems

- a) Identify structures that form body systems, including the heart and lungs (cardiorespiratory system), bones (skeletal system), and muscles (muscular system) and how the systems work together.

Teacher Notes

- List of bones & muscles, including location and their function.
- Post a visual of a skeleton to help identify location.
- Bones: skull, spine, vertebrae, ribs, humerus, femur,
- Muscles: heart, biceps, triceps, quadriceps

Lesson Steps

Step 1 (Engage learners/access prior knowledge)

- Q and A (1 minute) Who can point to a bone or muscle and name it for the class?

Step 2 (New information – direct instruction/teacher-facilitated learning)

- Introduce 1 bone or muscle at a time, identify the location and function of the bone or muscle. (Example: Skull- head bone that protects the brain)

Step 3 (Application – how student will apply/practice new learning)

- Bones or Muscles Coin Flip
 - Teacher creates 2 lists: 1 for heads and 1 for tails. Each list should contain a mixture of at least 5 bones and muscles with an exercise assigned to each one.
 - (Example: 1.) HEADS: Skull – 5 jumping jacks, TAILS: Femur- 5 high knees).
 - Teacher flips coin and students perform the exercise for each round while learning about the bones and muscles.
 - Play 1-minute rounds.
 - Video example below under “Resources/References.”

Assessments

- Teacher will call out a bone or muscle and students will point to its correct location.

Extensions/Connections

- Add more bones and muscles as needed
- Explain the function of the bone or muscle and apply it to a real-life activity. (Example: You can use your femur to juggle a soccer ball and humerus to throw a ball).

Resources/References

- [2.1a Bones & Muscles Coin Flip](#)
- [Coin Flip on Youtube by Becky Foellmer](#)