HEALTH SMART VIRGINIA

SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan
Grade: 2nd

Unit: Anatomy- Cardiorespiratory System

SOLs:

- **2.2 The student will identify major musculoskeletal structures and the cardiorespiratory system and explain the importance of spatial awareness while moving.**
  G. Identify the major structures of the cardiorespiratory system (heart and lungs).

Title: **Body System Frenzy**

Objectives/ Goals:

 The student will ...
- Identify componenets associated with the cardiorespiratory system
- Identify exercises that improve the cardiorespiratory system
- Demonstrate moving in safe spaces among classmates.

Materials:

- 2-3 tagging devices (i.e. bean bags)
- 1 helping device (i.e. noodle)

Procedure:

Introduction:
- Include/review the function of the cardiorespiratory system and its components.

Description:

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- 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, etc. that is involved in the cardiorespiratory system. (i.e A student is tagged by the cardiorespiratory tagger, they could say heart or lungs, etc.)
- 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 and lungs.

Assessments:
- Assess formatively through teacher observation
- See attached Exit Slip (can be written or oral as students exit learning space)

 References & Sources:
- http://www.pelinks4u.org/articles/TA1Health1009.pdf

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NAME: _____ DATE: _____

Exit Slip- Body Systems

Today we talked about the <u>cardiorespiratory</u> system. Can you name the two most important structures of it?

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