



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade: 3rd

Unit: Anatomy- Brain and Muscles

SOLs:

3.2 The student will identify major structures of the body, to include body systems, muscles, and bones, and identify basic movement principles.

- a) Apply the concept of open space while moving.
- b) Identify the major muscles, to include hamstrings and triceps. [*2 - quadriceps, biceps, abdominals, and heart*]
- d) Identify major bones, to include femur, tibia, fibula, humerus, radius, and ulna. [*2 - skull, ribs, and spine*]
- e) Name one activity and the muscles and the bones that help the body perform the activity.

Title: Brain Master

Objectives/ Goals:

The student will ...

- Explain that the brain sends a message to the body to move.
- 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)

Created by: Kim Gentry

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.

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.
- When tagged, a student must move in that specific way (i.e. march, jump, balances, etc.) until the helper comes to unfreeze them.
- In final round, students can be helped only if they can identify a muscle or bone involved in the movement. Teachers should give specific exercises for this alternative at an appropriate developmental level.

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

NAME: _____ DATE: _____

BRAIN MASTER

1. Name one way the brain can tell the body to move.

2. Can you think of a muscle that helps in that movement?
