



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade: 3rd

Unit: 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.

b) Identify the major muscles, to include hamstrings and triceps. [*2 - quadriceps, biceps, abdominals, and heart*]

e) Name one activity and the muscles and the bones that help the body perform the activity.

Title: Muscle Labeling

Objectives/ Goals:

The student will:

- Identify muscles to include hamstrings, triceps, quadriceps, biceps, abdominals, and heart
- Earn muscle cards by successfully completing associated tasks
- Work cooperatively in groups and among peers to label group members correctly

Materials:

- Pre-printed and laminated muscle cards (see attached)
- Resistance equipment (light hand weights, resistance bands)
- Mats

Procedure:

Introduction:

- Include/review muscles to include hamstrings, triceps, quadriceps, biceps, abdominals, and heart

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Description:

- Students work in small groups (2-3) to earn each muscle card.
- To earn a card, each group member must complete 10 reps of the designated exercise for each specific muscle. For example, students must do 10 bicep curls to earn the bicep card.
- They have a choice of any core exercise to earn the abdominal card. After they earn all the cards, 1 partner lays down on the floor and the other uses the muscle cards to label where each one is. Students switch roles after they finish labeling. This activity can also be used as an assessment.
- Final round, student groups can create their own exercise and correctly identify what muscle(s) are used in performing it for bonus points.

Closure:

- Review locations of muscles. Teacher calls out name of muscle while students point to the correct location of that muscle on their own body.

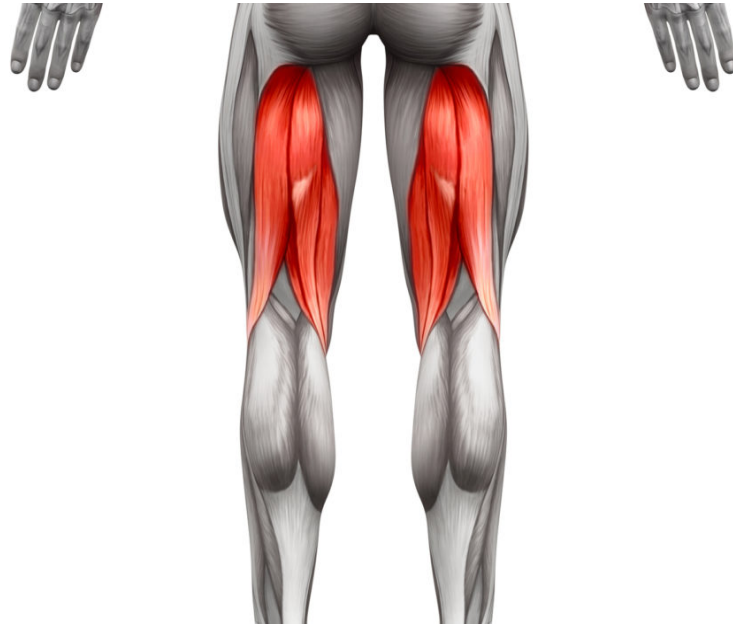
Assessments

- Take a picture of each completed, labeled student as a form of assessment for each group.
- Assess through teacher observation/checklist as students complete activity.

References & Sources:

- <https://classroom.kidshealth.org/classroom/prekto2/body/parts/bones.pdf?ref=search>
- <https://classroom.kidshealth.org/classroom/3to5/body/parts/bones.pdf>

HAMSTRINGS



TRICEPS



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QUADRICEPS

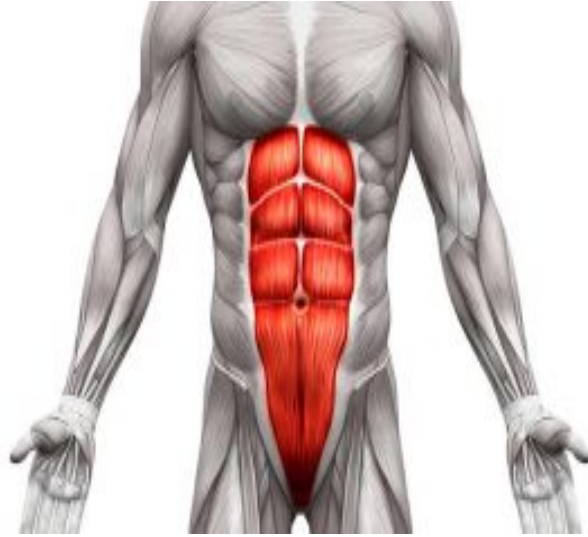


BICEPS

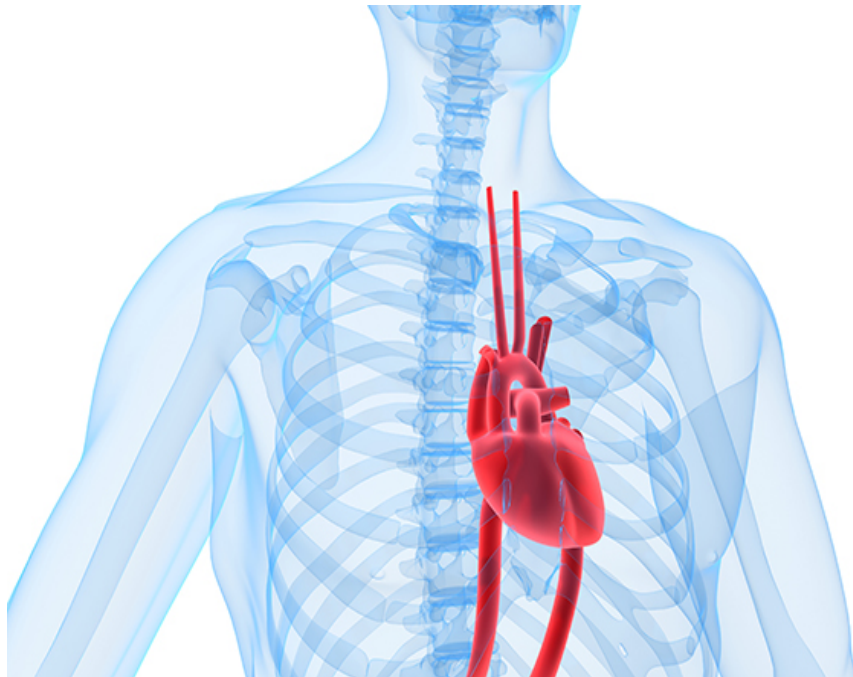


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ABDOMINALS



HEART



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