



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade: 3rd

Unit: Anatomy- Bones 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.

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*]

Title: Soldier Tag

Objectives/ Goals:

The student will ...

- Identify specific bones and muscles of the “tagged” body part
- Work together among classmates during activity

Materials:

Procedure:

Introduction:

- Teacher should review pertinent bones and muscles and their locations

Description:

- All students are taggers and anyone can tag anyone.

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- If tagged in the arm, the student pretends that their arm is wounded and they can't use it.
- When tagged a second time, that body part is wounded also.
- The third tagger becomes a helper. On the third tag, two things happen. First the two students must work together to identify the nearest bone and major muscle of the wounded body parts.
- After identifying them, the wounded soldier is fully healed and can return to the game.

Closure:

- Review pertinent muscles and bones and their locations

Assessments:

- Assess formatively through teacher observation
- See attached exit slip

References & Sources:

- <https://classroom.kidshealth.org/classroom/3to5/body/parts/bones.pdf>

NAME: _____ DATE: _____

Exit Slip – Soldier Tag

1. What body part were you tagged in?

2. Name a major muscle OR bone closest to that body part.
