SOLs

- 2.1.A Identify structures that form body systems, to include the heart and lungs (cardiovascular system), bones (skeletal system), and muscles (muscular system).
- 2.2.A Identify possible consequences of not caring for cardiorespiratory, skeletal, and muscular systems.
- 2.2.B Describe how food choices, regular physical activity, and getting enough sleep are essential components of a healthy lifestyle.
- 2.2.C Explain how regular physical activity and healthy eating habits and food choices keep the cardiorespiratory, skeletal, and muscular systems healthy.

Objectives/Goals

- The student will identify structures that form body systems.
- The student will identify possible consequences of not caring for cardiorespiratory, skeletal, and muscular systems.
- The student will describe how food choices, regular physical activity, and getting enough sleep are essential components of a healthy lifestyle.
- The student will explain how regular physical activity and healthy eating habits and food choices keep the cardiorespiratory, skeletal, and muscular systems healthy.

Materials

- PowerPoint: 2nd Grade All About Me Body Systems
- Worksheet: Cardiorespiratory, Muscular, and Skeletal System

Procedure

- Using the Powerpoint as a guide, begin the lesson on slide 2. The teacher will
• introduce the topic of the cardiorespiratory systems by asking students to fill in the blank in the sentence.
• Slide 3: Show students a picture of a heart and lungs.
• Slide 4: Introduce the topic of the cardiorespiratory system.
• Slide 5: Watch the video clip to learn more about how the heart and lungs work together.
• Slide 6: Allow students to feel their pulse and their lungs expand and contract.
• Slide 7: Discuss strategies for healthy heart and lungs.
• Slide 8: Discuss consequences for not caring for the cardiorespiratory system.
• Slide 9: Introduce the next topic of bones and the skeletal system with the question, Can You Help Me?
• Slide 10-11: Introduce the topic of bones and the skeletal system.
• Slide 12: Watch the video clip to learn about bones and the skeletal system.
• Slide 13: Discuss strategies for healthy bones and skeletal system.
• Slide 14: Ask students to read the scenario and decide what is the better snack option.
• Slide 15: Review foods high in calcium.
• Slide 16: Discuss consequences for not caring for the skeletal system. Allow students to share stories.
• Slide 17: Introduce the muscular system with the question, Can You Help Me?
• Slide 18: Review the answer and introduce the muscular system
• Slide 19: Watch the video clip to learn how the muscles work.
• Slide 20: Discuss strategies for healthy muscles and muscular system.
• Slide 21: Discuss consequences of not caring for the muscular system. Allow students to share stories.
• Pass out the worksheet: Cardiorespiratory, Muscular, and Skeletal System.
• Allow time in class for the students to complete with a partner and record their answers. Reflect as a class.
• Slide 22: End class with a classroom energizer.

References
Mary McCarley, 2018

Handout
The next page includes a handout for the lesson. The handout is designed for print use only.
### Cardiorespiratory, Muscular, and Skeletal System

**Directions:** Exercise is fun, and it strengthen the cardiorespiratory, muscular, and skeletal system. With a partner, do the following exercises and answer the questions related to each exercise. Take turns and cheer your partner on.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do 25 jumping jacks</td>
<td>When you are done, find your pulse in your neck. Is your heart beating fast or slow?</td>
</tr>
<tr>
<td>Do 10 (or more) squats</td>
<td>What muscles in your body are you making stronger?</td>
</tr>
<tr>
<td>Do as many pushups as you can</td>
<td>How many pushups did you do?</td>
</tr>
<tr>
<td>Hold a plank for 30 seconds</td>
<td>What muscles in your body are you making stronger?</td>
</tr>
</tbody>
</table>