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)

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

__________________________________________________________________________________________________

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

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