Health Smart Virginia - Sample Lesson Plan
Grade: 3rd

Unit: Anatomy - Bones

SOLs:
3.2 The student will identify major structures of the body, to include body systems, muscles, and bones, and identify basic movement principles
d) Identify major bones, to include femur, tibia, fibula, humerus, radius, and ulna.
[2 – skull, ribs, and spine]

Title: Rollin’ Bones

Objectives/ Goals:
The student will:
• Identify bones to include skull, ribs, and spine
• Build a skeleton by successfully rolling a match and earning skeleton pieces
• Work cooperatively with a partner and among peers during activity

Materials:
• At least 6 copies of pre-laminated skeleton sets (color coded helps with organization) See link below for example skeleton
• Hula hoops (1 per two students)
• Dice (1 set per two students)

Procedure:
Introduction:
• Include discussion on bones and locations focusing on specific grade level benchmarks.
  Build a skeleton together as a class allowing students to help prior to activity as review.
Description:
- Students will work together as a partner team to attempt to build all of the skeleton puzzles correctly.
- Each student will find a partner and together they will roll their dice inside of a hula hoop. If they roll a match, they are allowed to take one bone out of the paper bag and place it in its proper place on a skeleton.
- If the students do not roll a match – add the numbers together and perform that number of exercises before trying again. Teachers can prepare a list of exercise choices or have a specific exercise for each round that students do.

Closure:
- Review locations of bones. Teacher calls out name of bone while students point to the correct location of that bone on their own body.

Assessments
- Take a picture of each completed skeleton
- Assess formatively through teacher observation

References & Sources: