



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade: 4th

Unit: Anatomy- Bones and Muscles

SOLs:

4.2 The student will identify major structures and begin to apply knowledge of anatomy to explain movement patterns.

- b) Identify major muscle groups, to include deltoid and gluteal. [*3 - hamstrings and triceps, 2 - quadriceps, biceps, abdominals, and heart*]
- c) Identify the major components of the skeletal system, to include sternum, vertebrae, patella, and phalange. [*3 - 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:

Created by: Tommy Landseadel

- All students are taggers and anyone can tag anyone.
- 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. Name a major muscle OR bone closest to your arm.

2. Name a major muscle OR bone closest to your leg.
