Health Smart Virginia - Sample Lesson Plan
Grade: 4th

Unit: Anatomy- Brain 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]
   e) Identify the bones and muscles needed to perform one fitness activity and one skilled movement.

Title: Brain Master

Objectives/ Goals:
The student will ...
   • Explain that the brain sends a message to the body to move.
   • Identify muscles that are used in specific movements.
   • Work cooperatively among peers during activity while marinating 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.
- The only way a student can be helped is if they can identify a muscle involved in the movement. Teachers should give specific exercises for this alternative at an appropriate developmental level for the first few rounds.

Closure:
- Review importance of brain and how it controls the entire body
- Review muscles and which ones are involved in a few select exercises.

**Assessments:**
- Assess formatively through teacher observation
- See attached exit slip

**References & Sources:**
- [https://classroom.kidshealth.org/classroom/3to5/body/systems/nervous.pdf](https://classroom.kidshealth.org/classroom/3to5/body/systems/nervous.pdf)
BRAIN MASTER

1. Name an exercise that the brain can tell the body to do.

__________________________________________________________________________________________________

2. What muscle(s) are involved in this exercise?

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