Health Smart Virginia - Sample Lesson Plan
Grade: 5th

Unit: Anatomy- Cardiorespiratory System

SOLs:
5.2 The student will apply anatomical knowledge and movement strategies in complex movement activities.
   a) Identify components of major body systems, to include cardiorespiratory, vascular, muscular and skeletal.

Title: Cardio Tag

Objectives/ Goals:
The student will ...
- Demonstrate understanding of how the lungs and heart work together to receive and transfer oxygen

Materials:
- Red pennies to represent blood
- Small tagging noodles to represent muscles
- Small objects to represent oxygen
- Designated area for muscles to collect oxygen

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**Procedure:**

**Introduction:**
- Teacher will review cardiorespiratory system by describing how the heart and lungs work together. Our bodies receive oxygen when breathing air into our lungs. De-oxygenated blood is pumped to the lungs where it gets oxygenated before returning to the heart. Oxygenated blood then gets pumped to the muscles and brain.

**Description:**
- Teacher will split class evenly into 3 teams, Blood, Lungs, and Muscles.
- The lungs will start with 5 pieces of oxygen. The blood team (students in red pennies) are trying to get oxygenated by tagging a lung player. If tagged, the lung player will give the blood one piece of oxygen.
- Muscles are looking for oxygenated blood. If they tag a blood player carrying oxygen, the oxygen once again gets transferred to the muscle tagger. Muscles then simulate using the oxygen by placing it in a designated location.
- If the lungs run out of oxygen (because they were tagged multiple times), they may simply take a deep breath and collect more oxygen pieces.

**Closure:**
- Review cardiorespiratory function and how our bodies receive and use oxygen.

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

**References & Sources:**

[https://classroom.kidshealth.org/3to5/body/systems/cardiovascular.pdf](https://classroom.kidshealth.org/3to5/body/systems/cardiovascular.pdf)
EXIT SLIP – CARDIO TAG

1. Name two parts of our body that work together to make up our cardiorespiratory system.

   ___________________________________________________________

   ___________________________________________________________

2. Where does our blood become oxygenated?

   ___________________________________________________________

3. What do our muscles and brain need to function?

   ___________________________________________________________