Health Smart Virginia - Sample Lesson Plan
Grade: Kindergarten

Unit: Anatomy- Brain

SOLs:
K.2 The student will identify basic structures of the body and basic spatial awareness concepts.
   a) Explain that the body has muscles and bones that help the body move.

Title: Brain Master

Objectives/ Goals:
The student will...
   • Understand the brain is in charge and tells our bodies what to do

Materials:
   • 1-2 tagging devices (i.e. bean bags)
   • 1 helping device (i.e. noodle)

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.

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Description:
- Teacher identifies one tagger who will be the brain master. The teacher will also choose a helper.
- When the brain tags a student, they will tell them to move in a certain way. (Teacher should give 3 specific movements for the brain master to choose from for round 1)
- When tagged, a student must move in that specific way (i.e. march, jump, etc.) until the helper comes and “unfreezes” them.
- Once students understand the game, allow the brain masters to choose any appropriate move they wish for students to do when tagged.

Closure:
- Review importance of brain and how it controls the entire body

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

References & Sources:
BRAIN MASTER

Draw a picture of what organ controls your entire body!