

Body Systems

Learning Objectives

- I can identify major body systems and explain what happens when they are not taken care of. (SOL 2.1a)
- 2.1 The student will identify the major body systems, healthy food and beverage choices, emotions, and social skills and explain how each is connected to personal health.
- Body Systems
- a) Identify structures that form body systems, including the heart and lungs (cardiorespiratory system), bones (skeletal system), and muscles (muscular system) and how the systems work together.

Teacher Notes

- Vocabulary words: Cardiorespiratory System (heart and lungs), Skeletal System (bones), Muscular System (muscles)

Lesson Steps

Step 1 (Engage learners/access prior knowledge)

- Question and answers- Hold up a picture of a skeleton and ask what it is made up of, hold up a picture of the muscular system and ask what it is made up of and lastly hold up the heart and lungs and ask how they work together.

Step 2 (New information – direct instruction/teacher-facilitated learning)

- Introduce each of the body systems. Go over what each system is and what organs or body parts the system refers to.
- Watch the video about the cardiorespiratory system.
<https://www.youtube.com/watch?v=9WBbE5EJz0>
- Discuss with students what activities engage their cardiorespiratory system. Ask what their favorite cardio activities are, both in and out of school and why.

Step 3 (Application – how student will apply/practice new learning)

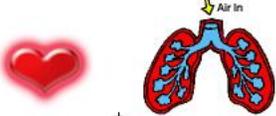
- Straws for All game
 - For this game you will need MANY straws, 6 colored cones and 6 hula hoops to match. Split the students into 6 teams and place them at the cones/hoops. All straws are spread out on the opposite end of the gym.
 - On go, the first student from each team runs to the opposite end of the gym and picks up a straw (as time goes on you can allow students to take more straws). They run back with the straw and place it in their hoop, the next team member goes down and repeats the pattern. This continues until all straws are gone.

- At the end of the game have students feel their hearts and notice their breathing. The teacher leads them to a discussion about which body system they have worked.

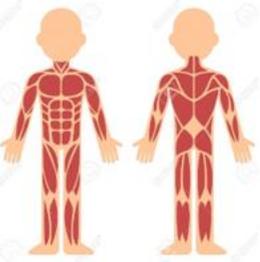
Assessments

Name: _____

Directions: Identify the body system. Match the picture to the correct body system.

1.  Muscular System

2.  Cardiorespiratory System

3.  Skeletal System

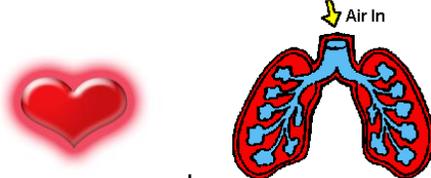
Extensions/Connections

- Exploring the Heart <https://www.youtube.com/watch?v=-s5iCoCaofc>

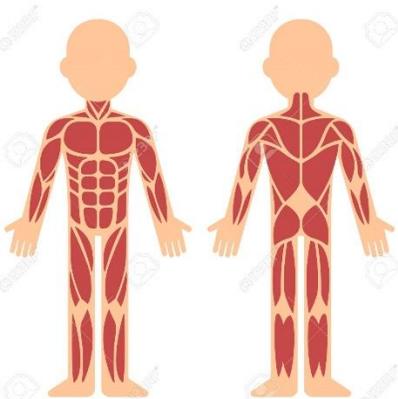
Handout

Name: _____

Directions: Identify the body system. Match the picture to the correct body system.

1.  Muscular System

2.  Cardiorespiratory System

3.  Skeletal System