

# Importance of Posture

## Learning Objectives

- I can practice good posture when sitting, standing and walking.

## Teacher Notes

- Follow along with the video.
- This lesson will include pauses that will involve student response or time to complete the activity. Please pause the video as instructed for as long as needed.

## Lesson Steps: Video Outline [2.2c Video](#)

### *Step 1 Introduction*

- Do you know where your spine is? What is posture?
- Why is posture important?

### *Step 2 Activity*

- Review proper posture for sitting, standing and walking.
- Activity: Captain's Coming
  - Teacher will pretend the class is aboard a big ship. Using the commands given the teacher will create a story and throughout use the commands for the students to follow.
  - Students will listen for commands and practice movements as well as proper sitting, standing and walking form.
  - Have a class discussion as needed.

### *Step 3 Closure*

- Can you practice good posture when sitting, standing and walking? Do you understand the importance of working on good posture?

## Assessments

- Pre: Questions will introduce topic, engage learners, and access prior knowledge
- Post: The activity will demonstrate student understanding of material covered during class. Teacher will observe student choices to determine level of understanding.

## Extensions/Connections/Applications

- The teacher can have more discussion as desired with students throughout the lesson.



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## Resources/References

- [Health Smart VA](#)
- [Kids Health](#)