



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

Grade: 3<sup>rd</sup>

**Unit:** Anatomy - Bones

**SOLs:**

**3.2 The student will identify major structures of the body, to include body systems, muscles, and bones, and identify basic movement principles**

d) Identify major bones, to include femur, tibia, fibula, humerus, radius, and ulna.  
*[2 – skull, ribs, and spine]*

**Title:** Rollin' Bones

**Objectives/ Goals:**

The student will:

- Identify bones to include skull, ribs, and spine
- Build a skeleton by successfully rolling a match and earning skeleton pieces
- Work cooperatively with a partner and among peers during activity

**Materials:**

- At least 6 copies of pre-laminated skeleton sets (color coded helps with organization) See link below for example skeleton
- Hula hoops (1 per two students)
- Dice (1 set per two students)

**Procedure:**

Introduction:

- Include discussion on bones and locations focusing on specific grade level benchmarks. Build a skeleton together as a class allowing students to help prior to activity as review.

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#### Description:

- Students will work together as a partner team to attempt to build all of the skeleton puzzles correctly.
- Each student will find a partner and together they will roll their dice inside of a hula hoop. If they roll a match, they are allowed to take one bone out of the paper bag and place it in its proper place on a skeleton.
- If the students do not roll a match – add the numbers together and perform that number of exercises before trying again. Teachers can prepare a list of exercise choices or have a specific exercise for each round that students do.
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#### Closure:

- Review locations of bones. Teacher calls out name of bone while students point to the correct location of that bone on their own body.

#### Assessments

- Take a picture of each completed skeleton
- Assess formatively through teacher observation

#### References & Sources:

- [https://www.scholastic.com/content/dam/teachers/blogs/genia-connell/migrated-files/mr\\_skeleton.pdf](https://www.scholastic.com/content/dam/teachers/blogs/genia-connell/migrated-files/mr_skeleton.pdf)