



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 5th

Unit [Muscles_____]

SOLs:

- [5.2 A and B]
- 5.2 A: Identify components of major body systems, to include **cardiorespiratory, vascular, muscular and skeletal**.
- 5.2 B: Apply knowledge of body systems, bones and muscles to **accurately describe a variety of specific movements** such as ball strike, overhand throw or volley.

Title: [Muscle Application Assessment]

Objectives/ Goals:

- [Assess student ability to identify muscles used in specific exercises]
- Students will be able to apply knowledge of muscles to identify specific muscles being used in a variety of exercises.

Materials:

[Equipment and Set Up]

- Assessment papers- attached below
- Station Cards- attached below
- Station 1- light hand weights (3lbs or less)
- Station 2- Some type of elevated ledge like seen in the picture works best (I use step boxes). Students can just use the floor if none are available.
- Station 3- None
- Station 4- light hand weights (3 lbs or less)
- Station 5- light hand weights (3 lbs or less)

Lesson created by Tommy Landseadel and Luke Noble

- Station 6- yoga mats
- Station 7- light ankle weights and chairs for students to sit in
- Station 8- Exercise Balls
- Station 9- light hand weights (3 lbs or less)
- Station 10- None

Procedure:

Intro- Discussion should cover:

- Review the 10 muscles covered on the assessment
- How can you tell what muscles are being used during an exercise? Focus on what you feel as you do each one. Think about which muscles are contracting and extending.
- Most exercises use more than 1 muscle. For this assessment, pick the one that does the majority of the work. With pushups, for example, there are muscles in your chest, back and arms that are all working together. But, there is one specific muscle responsible for pushing your arms straight away from your body. If you do a lot of pushups, those muscles will be very sore afterwards.

Description-

Students rotate through each station and fill in their assessment card, identifying muscles as they go. We used squats for the gluteal muscle, but that one is difficult since it uses hamstring and quadriceps muscles also. Encourage students to fill that one in last, since leg extensions do a good job targeting the quads and leg curls are for the hamstring. I tend to be lenient if students mix up the correct answers for leg curls and squats.

Closure-

- review the correct responses for each station

Assessments, References & Sources

Assessments:

Student response sheet is listed on page 3, the answer key for the responses is on page 4, and the station cards come next starting on page 5.

Name: _____

Station #	Station Name	What Muscle does it work on?
1	Arm Curls	
2	Dips	
3	Push Ups	
4	Shoulder Press	
5	Rows	
6	Sit Ups	
7	Leg Extensions	
8	Leg Curls	
9	Raises	
10	Squats	

Muscle Word Bank: Abdominal, Bicep, Calf, Deltoid, Gluteal, Hamstring, Quadricep, Pectoral, Trapezius, Tricep

Answer Key

Station #	Station Name	What Muscle does it work on?
1	Arm Curls	Bicep
2	Dips	Tricep
3	Push Ups	Pectoral
4	Shoulder Press	Deltoid
5	Rows	Trapezius
6	Sit Ups	Abdominal
7	Leg Extensions	Quadricep
8	Leg Curls	Hamstring
9	Raises	Calf
10	Squats	Gluteal

Muscle Word Bank: Abdominal, Bicep, Calf, Deltoid, Gluteal, Hamstring, Quadricep, Pectoral, Trapezius, Tricep

1) Do 10 Arm Curls with the hand weight



2) Do 10 Dips using the Step Boxes





3) Do 10 Push Ups

4) Do 10 reps of Shoulder Press with weights



5) Do 10 Rows with weights. Lean forward, but be sure to keep your back straight.



6) Do 10 Sit Ups

7) Sit in the chair and do 10 leg extensions wearing ankle weights



8) Use the Exercise Ball to do leg curls



9) Do Raises while holding the hand weight



10) Do 10 Squats



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