



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade: 5th

Unit: Anatomy- Cardiorespiratory System

SOLs:

5.2 The student will apply anatomical knowledge and movement strategies in complex movement activities.

- a) Identify components of major body systems, to include cardiorespiratory, vascular, muscular and skeletal.

Title: Cardio Tag

Objectives/ Goals:

The student will ...

- Demonstrate understanding of how the lungs and heart work together to receive and transfer oxygen

Materials:

- Red pennies to represent blood
- Small tagging noodles to represent muscles
- Small objects to represent oxygen
- Designated area for muscles to collect oxygen

Procedure:

Introduction:

- Teacher will review cardiorespiratory system by describing how the heart and lungs work together. Our bodies receive oxygen when breathing air into our lungs. De-oxygenated blood is pumped to the lungs where it gets oxygenated before returning to the heart. Oxygenated blood then gets pumped to the muscles and brain.

Description:

- Teacher will split class evenly into 3 teams, Blood, Lungs, and Muscles.
- The lungs will start with 5 pieces of oxygen. The blood team (students in red pennies) are trying to get oxygenated by tagging a lung player. If tagged, the lung player will give the blood one piece of oxygen.
- Muscles are looking for oxygenated blood. If they tag a blood player carrying oxygen, the oxygen once again gets transferred to the muscle tagger. Muscles then simulate using the oxygen by placing it in a designated location.
- If the lungs run out of oxygen (because they were tagged multiple times), they may simply take a deep breath and collect more oxygen pieces.

Closure:

- Review cardiorespiratory function and how our bodies receive and use oxygen.
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Assessments:

- Assess formatively through teacher observation
- See attached exit slip

References & Sources:

<https://classroom.kidshealth.org/3to5/body/systems/cardiovascular.pdf>

NAME: _____ DATE: _____

EXIT SLIP – CARDIO TAG

1. Name two parts of our body that work together to make up our cardiorespiratory system.

2. Where does our blood become oxygenated?

3. What do our muscles and brain need to function?
