



# Body Parts

## Learning Objectives

- I can identify major body parts: head, torso, arms, legs, hands, and feet. (SOL K.1 a)

K.1 The student will identify and describe key health and safety concepts.

### Body Systems

- a) Identify major body parts (e.g., head, torso, arms, legs, hands, feet, muscles, bones).

## Teacher Notes

- Vocabulary words: head, torso, arms, legs, hands, feet

## Lesson Steps

### *Step 1 (Engage learners/access prior knowledge)*

- Have a poster of a body to show the students. Point to a body part and have students tell you what it is.

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

- Introduce each of the body parts (head, torso, arms, legs, hands, feet). Have students identify what each one is used for.
- Play the song “Head, Shoulders, Knees and Toes”. Have the students “dance” to the song. They will point to the body parts as the song is playing.

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

- Body Part Freeze Dance
  - For this activity you will need space and music.
  - Each student begins in their own space. Before the music begins the teacher calls out a body part. When the music starts the students must come up with a movement that moves that body part or multiple body parts. When the music stops the students must freeze. If a student moves, they must walk around the perimeter of the gym during the next round and re-enter when the round is complete. Play multiple times calling out various body parts.

## Assessments

- Using the outline of a student and crayons, have the students color the different major body parts according to color. (eg. head-brown, torso-green, arms-yellow, legs-blue, hands-red, feet-orange)