Body Part Tag

Learning Objectives

- I can identify different parts of my body.

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

- Visual: Diagram or picture of a human body
- Equipment:
    o   3-4 Pool noodles
    o   2 Bean bags

Step 1 (Engage learners/access prior knowledge)

- Q and A (1 minute) Who can name one of your body parts?

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

- Discuss, name, and show different parts of the body. Examples: Head, neck, shoulders, arms, wrist, hands, fingers, torso, bottom, legs, knees, ankles, feet, toes.

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

- Body Part Tag
    o   Choose 3 or 4 taggers. Taggers have pool noodles. Choose 2 Doctors. Doctors have bean bags. Students spread out in the playing area. Teacher calls out a body part. Taggers try to tag as many students as they can on the body part the teacher called out. If frozen, drop to a plank position. The doctor's job is to rescue the frozen bodies by giving them their bean bag. Once rescued, the frozen body turns into a doctor. Play for a couple minutes then change taggers and the locomotor movement (walk, gallop, skip, jog). Change the body part each round or mid round to keep the players engaged.

Assessments

- Teacher calls out a body part and students point to it on a picture.

Extensions/Connections

- Expand on body parts by adding bones and muscles

Resources/References

- Adapted from Mark Manross in Blacksburg Virginia
- https://www.pecentral.org/lessonideas/ViewLesson.asp?ID=723#.YKxN96hKg2w