

## 4<sup>th</sup>-5<sup>th</sup> Grade Health and Physical Education

### Unit Plan 1, The Skeletal system

Created by napsan, oman

<b>Objective</b>
SWBAT: Understand the bones their body. Know how many bones they have, what they do and how they function.
<b>Essential Questions</b>
How many bones are in our body?
Why do we have bones?
How can you keep your bones healthy?
<b>Anticipatory Set/Direct Instruction</b>
Introduction
Google Slide
Jeopardy
Class discussion
Open ended question
Closure
<b>Learning Activities</b>
Google Slide
Class discussion
Open ended question
Closure
Exit Ticket
What did you learn from this activity?
<b>Homework</b>
Get out side and exercise.
Active Play for 60 minutes a day.
Exercise those bones!
<b>Standards</b>
1.2.1A Grade 2 CPI 2
Use correct terminology to identify body parts, and explain how body parts work together to support wellness.
<b>Lesson Documents</b>
No documents have been uploaded to this lesson

### Standards Addressed

#### Practices:

- Health is influenced by the interaction of body systems.
- Puberty is a time of physical, social, and emotional changes.
- The components of fitness contribute to enhanced personal health as well as motor skill performance (e.g., speed, agility, endurance, strength, balance).
- Wellness is maintained, and gains occur over time (dimensions and components of health) when participating and setting goals in a variety of moderate to vigorous age appropriate physical activities.
- Personal and community resources can support physical activity.
- Understanding the principals of a balanced nutritional plan (e.g., moderation, variety of fruits, vegetables, limiting processed foods) assists in making nutrition related decisions that will contribute to wellness.
- Using technology tools responsibly
- 2.1.5.PGD.2: Examine how the body changes during puberty and how these changes influence personal self-care. • 2.1.5.PGD.3: Explain the physical, social, and emotional changes that occur during puberty and adolescence and why the onset and progression of puberty can vary. •

2.1.5.PGD.4: Explain common human sexual development and the role of hormones (e.g., romantic and sexual feelings, masturbation, mood swings, timing of pubertal onset). •

2.1.5.PGD.5: Identify trusted adults, including family members, caregivers, school staff, and health care professionals, whom students can talk to about relationships and ask questions about puberty and adolescent health.