



## Grade 8 Sample Lesson Plan: Unit 1 – The Brain and Central Nervous System

### SOLs

- 8.1. A Identify and describe the major structures and functions of the brain and nervous system.
- 8.1. H Identify pathogenic, genetic, age, cultural, environmental, and behavioral factors that influence the degree of risk of diabetes, heart disease, and stroke.
- 8.1. L Describe the relationship between healthy behaviors and cognitive performance
- 8.2.A Identify brain and nervous system disorders.
- 2.2.B Describe ways to maintain brain and nervous system health.
- 2.3.A Design strategies to protect and promote brain and nervous system health.

### Materials

#### Interactive Websites

- *BBC Science: Human Body & Mind* includes the *Nervous System Game* that has students wire up the nervous system and senses. This challenge requires Flash 5 and takes 5-10 minutes.  
[http://www.bbc.co.uk/science/humanbody/body/index\\_interactivebody.shtml](http://www.bbc.co.uk/science/humanbody/body/index_interactivebody.shtml)
- Interactive Body Activities: <http://interactivesites.weebly.com/body-systems.html>
- KidsHealth.org *How the Body Works*: <http://kidshealth.org/en/kids/center/htbw-main-page.html> provides quizzes, articles, movies, activities, word finds on the different body parts.
- *Nervous System for Kids* – Science Games and Videos  
<http://www.neok12.com/Nervous-System.htm>
- *The Brain*-Videos & Lessons <http://study.com/academy/topic/the-brain.html>

### Procedure

- AAAS Science NetLinks *Alcohol and Its Impact on the Brain* - <http://sciencenetlinks.com/lessons/alcohol-and-its-impact-on-the-brain/> - a lesson to help students understand how alcohol affects different parts of the brain, which in turn affects behavior

- American Heart Association Middle School Lessons  
[http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans\\_UCM\\_304280\\_Article.jsp#](http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans_UCM_304280_Article.jsp#)
- Discovery School *The Ultimate Guide: Human Body*  
<http://www.discoveryeducation.com/teachers/free-lesson-plans/the-ultimate-guide-human-body.cfm>
- My Body the Inside Story: Unit Content and Tasks  
<http://www.henry.k12.ga.us/cur/mybody/content.htm#nervous>
- KidsHealth.org Nervous System lesson plan  
[https://classroom.kidshealth.org/classroom/6to8/body/systems/nervous\\_system.pdf](https://classroom.kidshealth.org/classroom/6to8/body/systems/nervous_system.pdf)
- Scholastic- Study Jams\_ Science- The Nervous System:  
<http://studyjams.scholastic.com/studyjams/jams/science/human-body/nervous-system.htm>
- *Neuro Concepts Lesson and Activities/ Brain U- Regents of University of Minnesota* <http://brainu.org/neuroscience-concepts-activities-grade-level-middle-school-grades-7-8>
- Neuroscience for Kids – *Brain Awareness Week Lessons*  
<https://faculty.washington.edu/chudler/baw1.html>
- NIH- *How Your Brain Understands What Your Ears Hear*  
<https://science.education.nih.gov/customers/MSHearing.html>
- NIH -*The Brain: Our Sense of Self:*  
<https://science.education.nih.gov/customers/MSSelf.html>
- *The Central Nervous System – Health Physical Education Lesson Plan*  
<http://lessonplanspage.com/pecentralnervoussystemand5senses5-htm/>

## Videos

- KidsHealth.org How the Brain and Nervous System Works  
<http://kidshealth.org/en/kids/nsmovie.html>
- The Human Brain  
<https://www.youtube.com/watch?v=0-8PvNOdByc>