



Grade 1 Sample Lesson Plan: Unit 1 – My Body

SOLs

- 1.1.A Identify body structures (e.g., abdomen, chest, head) and organs (e.g., heart, brain, lungs, stomach).
- 1.1.B Describe how body systems work together (e.g., cardiovascular, digestive, immune, muscular, nervous, skeletal, respiratory).
- 1.2.A Describe the importance of having a healthy heart, brain, and lungs.

Objectives/Goals

- Students will correctly identify major body parts and organs and be able to describe how they work together.

Materials

- Big chart paper with outlines of human body.

Procedure

- Provide students with an introductory overview of the various body structures and organs (e.g., what they look like, their location, function, what they need to stay healthy, how they work together as a system)
- Give students a sample outline of a human body. Instruct students to draw their own outlines on paper. Have them label the body structures and organs that they have learned about; adjacent to each structure or organ, write the function.
- Have students work together to develop and perform brief skits about how the body systems work together and why it is important to keep them healthy.
- The resources (e.g., lesson plans, interactive activities) noted in the references below can be used to supplement the lesson.

Assessment Idea

- Can students correctly identify the location and name of body parts?

References

- AAAS Science NetLinks All Systems Go!

- <http://sciencenetlinks.com/afterschool-resources/all-systems-go>
- Education.Com Worksheets <http://www.education.com/worksheets/body/>
- Human Body for Kids Games, etc. <http://www.sciencekids.co.nz/humanbody.html>
- Interactive Sites for Education-Body Systems
<http://interactivesites.weebly.com/body-systems.html>
- Kids Health Human Body PreK-2
<https://classroom.kidshealth.org/index.jsp?Grade=pk&Section=body>
- Kids Health How the Body Works <http://kidshealth.org/en/kids/center/htbw-main-page.html>
- Kids Health How the Body Works YouTube Video Series
<https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z>
- My Senses Tell Me <http://sciencenetlinks.com/lessons/my-senses-tell-me/>
- PBS Arthur Family Health <http://www.pbslearningmedia.org/collection/arthur-family-health/#>

Lesson Plans

- Amazing Body Systems
http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/271/Amazing%20Body%20Systems.pdf
- Anatomy: A Fun Look at the Digestive System -
<http://mypages.iit.edu/~smile/bi9307.html>
- Every Body is Special
[http://www.togethercounts.com/sites/togethercounts.com/files/thematic-unit/pdfs/Every Body Is Special Me and My Choices.pdf](http://www.togethercounts.com/sites/togethercounts.com/files/thematic-unit/pdfs/Every%20Body%20Is%20Special%20and%20My%20Choices.pdf)
- Heart Power -
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdNFho>
- My Senses Tell Me <http://sciencenetlinks.com/lessons/my-senses-tell-me/>
- No Bones About It!
http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/558/No%20Bones%20About%20It.pdf
- Our Systematic Body
[http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/1167/1 OurSystematicBody.pdf](http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/1167/1%20OurSystematicBody.pdf)
- Project Heart for Educators Grade 2 Curriculum
<http://www.texasheart.org/ProjectHeart/Educators/Grade2/Curriculum.cfm>
- Straight from the Heart <http://mypages.iit.edu/~smile/bi9514.html>
- Super Hero Fitness
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5895#.V8iAdcdNFho>
- The Circulatory System
http://www.pbslearningmedia.org/resource/tdc02.sci.life.stru.lp_circula/the-circulatory-system/

- Top Five Body Shop
http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/606/Top%20Five%20Body%20Shop.pdf
- What Happens When You Eat? <http://mypages.iit.edu/~smile/bi9706.html>
- What Is Blood and How It Circulates In and Out of the Heart
<http://mypages.iit.edu/~smile/bi9009.html>
- What Makes This Machine of Ours Work?
http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/928/What%20Makes%20This%20Machine%20Of%20Ours%20Work.pdf