

HEALTH

Unit 5 – Body Systems

Lesson 15.1/15.2 – Skeletal System/Care & Problems

OBJECTIVES

1. Classify bone types and attachments
2. Identify major bones of the body
3. Identify the relationship between health promotion and bone injuries

NHE STANDARDS: 1.3, 1.6, 2.6, 3.3, 6.1

MATERIALS

1. Powerpoint Lecture
2. YouTube – Principal Skeleton (first 33 seconds)
<http://www.youtube.com/watch?v=dok0rJSo8ug>
3. Quiz
4. Articulation Worksheet
5. Article Assignment

LESSON

1. Hook – YouTube Video (Principal Skeleton, first 33 seconds only) The video is a humorous introduction into the skeletal system with the principal looking into a class that is a skeleton. (Good way to relax after midterm exam yesterday)
2. State Objectives for class today: Today we are going to discuss the structure and function of the skeletal system, including major bones and bone types, and bone health and injuries.
3. Powerpoint Lecture: Skeletal System/Care & Problems (15.1-15.2) This powerpoint will cover the structure and function of the skeletal system and possible problems associated with it
4. Discussion – Lead a discussion in class about character traits
 - *What do you think would happen if we didn't have a skeleton?* Flat blob on the ground, no protection from anything hitting us, no red or white blood cells
 - *How does the structure of bone dictate its function, and vice versa? Give an example. (Think about the bones in your body and how they are used)* If a bone is a long bone it is most likely for holding the body up. If the bone is flat it is used for some sort of protection.
 - *Which bones do you see commonly injured and how do you think it happens?* Clavicle, hard impact from fall. Pelvis (Hip), fall plus osteoporosis.
 - *How would you explain the prevention of skeletal problems to younger students, more specifically those about to graduate 8th grade?* Drink milk, even chocolate milk. Eat your vegetables. Wear pads during sports.
5. Activity: (Group) List 6 bones of the body and their articulations. Also identify the type of articulation (joint) for each.
6. Close the class by asking the following review questions:
 - *What are the functions of the skeletal system?* Structure, Support, Protection, Storage of minerals, Production of red blood cells
 - *What are some foods you can eat to help prevent bone injuries?* Milk, beans, whole grains, liver, dark green vegetables
7. Homework: Finish worksheet if not completed in class, Article assignment (see worksheet)

Skeleton Lesson Plan For Second Grade

**Subuh Anggoro, Lilia Halim, Zaidatun
Tasdi, Khar Thoe Ng, Corrienna Abdul
Talib**

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