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
- YouTube Principal Skeleton (first 33 seconds) http://www.youtube.com/watch?v=dok0rJSo8ug
- 3. Quiz
- 4. Articulation Worksheet
- 5. Article Assignment

LESSON

- 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)
- 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.
- 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.
- Activity: (Group) List 6 bones of the body and their articulations. Also identify the type of articulation (joint) for each.
- 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

Kathleen Armour

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