# 200-wing HEALTH VIRTUAL LESSON PLAN

Teacher: Carla Larson

2020-2021

| UNIT **BODY SYSTEMS** | NAME OF LESSON: **Skeletal System** <br> DATE: October 26-30, 2020 |
|---|---|
| **OBJECTIVE** | Students will identify that bones make up the skeletal system. <br><br> Students will identify that the main job of the skeletal system is to provide support for your body. |
| **ACTIVITIES** | -Show the students the blow-up skeleton <br><br> -Play the following skeleton songs: <br><br> Skeletal System Rap Song - "I Got Bones" <br> https://www.youtube.com/watch?v=ja18CbJU6h8 <br><br> The Skeletal System - Hip-Hop Song <br> http://www.watchknowlearn.org/Video.aspx?VideoID=21796&CategoryID=2554 <br> The Skeleton Dance <br><br> https://www.youtube.com/watch?v=e54m6XOpRgU <br><br> Sesame Street - Bone (Inside of You) <br><br> https://www.youtube.com/watch?v=X6Y56oBL9mo <br><br> Skeleton Dance Song for Children -- Ba Ba Bones -- Kids Dance Songs by The Learning Station: <br> https://www.youtube.com/watch?v=Yn3n2u1kJ98 <br><br> Schoolhouse Rock- Them Not-So-Dry Bones <br> https://www.youtube.com/watch?v=ICwLlrQKVcg <br><br> Bones video clip: <br> https://jr.brainpop.com/health/bodies/bones/ <br><br> The Skeletal System - Educational Video about Bones for Kids 2 mins 58 seconds video clip <br> https://www.youtube.com/watch?v=SiBzCpg6vu8 <br><br> -The Skeletal System (Discovery Education) <br><br> https://app.discoveryeducation.com/learn/videos/5570da68-4621-49db-8db9-44a74ce8032c/ |

| | Health Bites (Discovery Education) |
|---|---|
| | https://app.discoveryeducation.com/learn/videos/d8e5d17d-1d8c-46e3-92c3-45ce6a82dc95/ |
| | Your Super Skeleton! 4:10 video clip |
| | https://www.youtube.com/watch?v=vRuh9aBwUdM |
| | Bones in Your Body Storybots song: |
| | https://www.youtube.com/watch?v=wu4Rq_tDszQ |
| | Your Super Skeleton: |
| | https://www.youtube.com/watch?v=vRuh9aBwUdM |

# The Skeleton

1. skull

2. clavicle
(collar bone)

3. sternum
(breast bone)

4. humerus

5. ulna
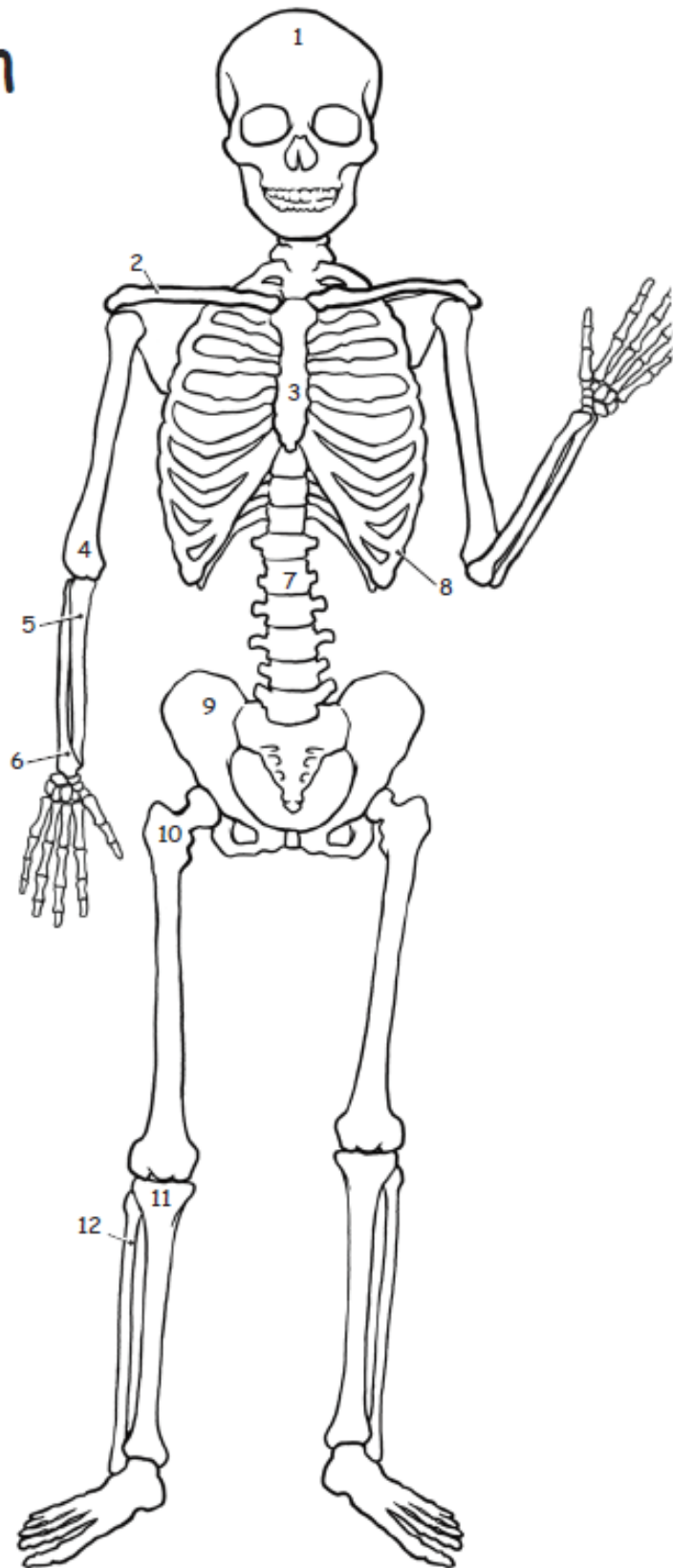
6. radius

7. spine
(backbone)

8. ribs

9. pelvis
(hip bone)

10. femur

11. tibia

12. fibula

CALCIUM FOODS
FOR KEEPING OUR BONES STRONG

SOY MILK

BOK CHOY

FORTIFIED ORANGE JUICE

KALE

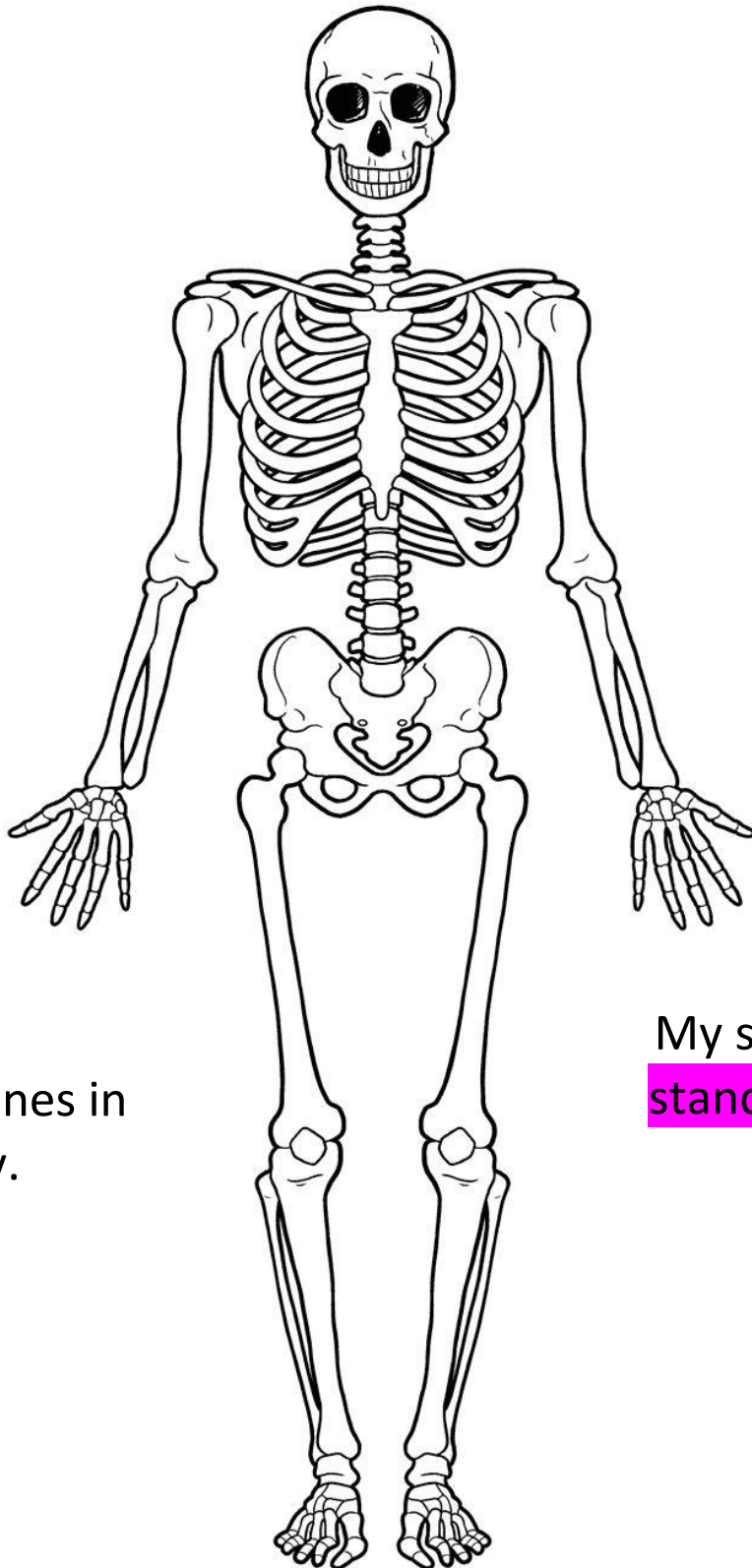ALMOND

FORTIFIED BREAKFAST CEREAL

RICE

BROCCOLI

It is important to eat foods that are high in calcium.

Calcium helps keep our bones strong.

My skeleton is ==inside== my body.

I have ==206== bones in my body.

My skeleton helps me ==stand, walk and move==.

200-wing health