

# Chapter 1

## The Circulatory System

### LESSON PLAN

#### SPECIFIC OBJECTIVES

The students will learn about

- ❖ circulatory system
- ❖ structure and functions of organs of circulatory system
- ❖ process of circulation

#### Teaching Aids

**Pictures/charts/models/animation** on the topics given in the chapter.

#### Lesson Plan

- ❖ Teacher will start the chapter with 'Gear Up' section discussing the good and bad habits which affect our health.
- ❖ Now, teacher will revise digestive and excretory systems and their roles in human body which students learnt in the previous class.
- ❖ With the help of suitable teaching aids, teacher will discuss the circulatory system and its parts.
- ❖ Teacher will explain the components and functions of blood.
- ❖ Teacher will explain types and functions of blood vessels.
- ❖ To check the understanding of students about the topic, teacher will ask them to solve 'Check Point 1'.
- ❖ Now, teacher will explain structure and function of heart.
- ❖ Teacher will explain the process of blood circulation in human body.
- ❖ Teacher will discuss the ways for keeping the heart healthy and explain the process and importance of deep breathing for healthy living.
- ❖ Now, teacher will ask students to solve 'Check Point 2'.
- ❖ At last, teacher will sum up the chapter by going through all the points given under the head 'Wrap up now' and revising the 'New Words'.

- ❖ Finally, teacher will help students to solve all the exercises given under the head 'Practice Time'.

### Boost Up

- ❖ Teacher should help students in carrying out activities given in the chapter.
- ❖ Teacher should encourage students to do more physical activities and play outdoor games to maintain good health.
- ❖ Teacher should encourage students to adopt deep breathing practice for healthy living.

### Expected Learning Outcomes

The students understand and know

- ❖ circulatory system, its parts and their functions.
- ❖ structure and function of human heart.
- ❖ process of blood circulation.
- ❖ process and benefits of deep breathing.
- ❖ ways to keep the heart healthy.

### Evaluative Questions

Teacher may ask the following questions for evaluating learning and understanding of students:

1. What are the parts of circulatory system?
2. Name the types of blood vessels.
3. Which organ is called pumping organ of the body?
4. What is the difference between oxygenated and deoxygenated blood?
5. What are the benefits of deep breathing?