

Chapter 2

The Skeletal System

LESSON PLAN

SPECIFIC OBJECTIVES

The students will learn about

- ❖ skeletal system
- ❖ importance of bones, muscles and joints for the body
- ❖ functions of bones
- ❖ major bones of the body
- ❖ care of bones and joints
- ❖ food items to make the bones strong
- ❖ importance of good posture and exercise

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 different types of body movements and how they are performed.
- ❖ With the help of suitable teaching aids, teacher will explain the parts, functions and importance of skeletal system.
- ❖ To check the understanding of students about the topic, teacher will ask them to solve 'Check Point 1'.
- ❖ Now, teacher will explain the body joints, their types and functions in the body.
- ❖ Now, teacher will ask students to solve 'Check Point 2'.
- ❖ Teacher will explain keeping of bones, muscles and joints healthy by means of nutritious diet and physical exercises.
- ❖ Teacher will define posture and discuss the importance of good posture.
- ❖ Now, teacher will ask students to solve 'Check Point 3'.
- ❖ 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 encourage students to take healthy diet and do regular physical exercises for keeping bones, muscles and joints healthy.
- ❖ Teacher should encourage students to keep correct posture.
- ❖ Teacher should encourage students to learn the number and names of bones found in different parts of the body.

Expected Learning Outcomes

The students understand and know

- ❖ number, names and functions of bones of forelimbs, hindlimbs, chest, skull, jaws and backbone.
- ❖ functions of skeletal system.
- ❖ joints found in the body.
- ❖ muscles and their importance in the body.
- ❖ role of nutritious diet and regular physical exercises in keeping bones, muscles and joints healthy.
- ❖ importance of good posture.

Evaluative Questions

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

1. What is skeletal system?
2. What are the major bones of the body?
3. What is a joint in our body?
4. What are immovable and movable joints?
5. What is posture?