

5

Bones and Muscles

LESSON PLAN

SPECIFIC OBJECTIVES

The students will learn about

- ✧ bones
- ✧ muscles
- ✧ exercise and posture

TEACHING AIDS

Pictures/charts/models/animations on skeleton; different joints; children doing physical exercises; correct postures while standing, walking and sitting (all as given in chapter)

LESSON PLAN

- ✧ Teacher will start the chapter with 'Gear Up' section discussing the need of healthy food for good health taking the example given in this section.
- ✧ Now, teacher will tell difference between bones and muscles (as given in chapter).
- ✧ With suitable teaching aid, teacher will discuss human skeleton and the joints found in it (as given in chapter).
- ✧ Now, teacher will discuss about muscles and their role in the body.
- ✧ Now, to evaluate the learning of students about studied topics, teacher will ask them to solve 'Check Point 1'.
- ✧ Now, using the teaching aids, teacher will discuss the role of physical exercises and good posture in good health.
- ✧ Now, teacher will ask students to solve 'Check Point 2'.
- ✧ At last, teacher will sum up the lesson by going through the points given under the head 'Wrap up now'.
- ✧ Teacher will help students to answer the questions given under the head 'Practice Time'.

BOOST UP

- ✧ Teacher should encourage students to make physical exercises their habit.

- ✧ Teacher should also encourage students to eat healthy food and keep correct posture in every physical activity.

EXPECTED LEARNING OUTCOMES

The students understand and know

- ✧ the basic differences between bones and muscles.
- ✧ number and role of bones and muscles in the body.
- ✧ skeleton and joints in the body.
- ✧ significance of physical exercises and correct postures in maintaining good health.

EVALUATIVE QUESTIONS

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

1. What is our body made up of?
2. How can we keep our bones and muscles strong?
3. What is the function of muscles in the body?
4. What gives shape and support to our body?