

**LESSON:** Muscles

**DATE:** 1/30-2/2

**GRADE:** PreK/K

**STANDARDS:**

1.2.1 Identify that healthy behaviors affect personal health.

1.2.2 Recognize that there are multiple dimensions of health.

7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

**OBJECTIVES:**

At the end of these lessons, students will be able to:

- Identify what muscles are used for in our bodies, in general and specific ways.
- Increase heart rate through movement and hear peer's heartbeat.
- Demonstrate care for muscles through stretching.
- Identify foods that help build and strengthen muscles, i.e. proteins (focus of second week's lesson)

**ACTIVITY:** Muscle Detectives

- Class stands in a circle. One at a time, students draw index cards from a bag. Each card has a picture of a simple movement (i.e., walking across the room, kicking a ball, reading a book, smiling). Students take turns completing the activity on their card. After each activity, students try to guess which muscles were used.
- Discussion: what are muscles? Where are they? What do they do?

**ACTIVITY:** Video (6 min)

- <http://kidshealth.org/en/kids/msmovie.html>
- Discussion: what three things did we not know before the movie? What questions do we have?

**ACTIVITY:** Heart muscles

- Students find their heart and try paper cup "stethoscopes" on each other. Jog in place and try again.
- Discussion: is the heart a muscle? What does it do?

**ACTIVITY:** Stretching

- Discussion: what are two ways we can take care of our muscles? (exercise & stretching)
- Explain importance of stretching. Show rubberband contracting and relaxing,
- Students call out body parts and we stretch each one named. Time permitting, they demonstrate other stretches they know.

**NEXT WEEK:**

- Muscles need protein: Review of MyPlate, identifying "Dean Protein Foods" with memory match game, bookmark craft where students color protein foods they like to eat.

**MATERIALS:**

Index cards with action pictures placed in a bag

Laptop for video

Paper cups (1 per student)

Rubber band