**03.2 Framework of the lesson plan**

**Age group/grade:** 3rd gymnasium grade

**Lesson title:** The importance of physical activity for human health

**Key concepts:** physical activity, stamina, good / correct posture, physical exertion.

**Objectives:**

* To explain the importance of movement for human health.
* Describe the effect of movement on different organs.
* Describe the effect of physical training on the support and locomotor system.

**Skills developed:**

* Learning to learn – performing the assignments, using additional internet resources.
* Communication – participating in discussion, expressing one’s thoughts and individual opinion.
* Creativity – applying individual experience in different situations.
* Social – collaboration with others.

**Materials/Equipment needed:**

Posters of human muscles, presentation “Human support and movement system”, VR headsets.

**Assumptions:** (Programs for students with special needs, other important information)

Students with special needs participate in the class and perform the tasks together with the rest of the class, except their assignments are simplified and their work is constantly monitored.

**Lesson Plan**

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| **Stages** | **Description of activity** | **Time** |
| **Preparation before the lesson** | * Teacher must be familiar with the rules for using VR technology. * Teacher introduces the students to the rules of using VR headsets. |  |
| **Introduction** | At the beginning a brief repetition of the topic from the last lessons.  Teacher demonstrates the presentation “Human support and movement system” and gives the following questions:   * What system gives support and promotes movement of the human body? * What are the main functions of a skeletal system? * What are the main functions of a muscular system? * Structure of a muscle. * How do the muscles work? | 4 min. |
| **Initial Immersive Experience** | Students are introduced to the rules of working with VR glasses.  Students are divided into groups of four and learn to work with VR headsets, watch a video about muscular training:  <https://eloquent-ramanujan-887aa5.netlify.app/biology.html> | 3 min.  5 min. |
| **Guided Immersive Experience** | The importance of movement for human health is discussed.  Students in groups discuss the effect of movement on the support and locomotor systems, as well as on blood circulation and respiratory systems.  They relate physical activity to stamina.  Students in groups are watching the VR video about muscular training and discuss its effect on human stamina:  <https://eloquent-ramanujan-887aa5.netlify.app/biology.html>  Students present the finding of the groups to the rest of the class. Students from other groups can supplement their findings. | 3min.  10 min.  10 min.  5 min. |
| **Follow up** | Student groups receive the posters of human muscles and blank sheets of paper. They have to list as many different physical exercises as possible, and explain, what muscles are being trained and what effects it has on other human systems such as respiratory, blood circulation, nervous.  Students are given an additional task to take an interest in physical exercises and its effects.  During the next lesson students will have to present their work to the class, and if possible, to demonstrate the chosen exercises. Thus, the next lesson could take place in the gym. | 5 min. |
| **Formative Assessment** | Students perform self-assessment by assessing the work of other groups.  The next lesson the class work and homework of all groups on muscle training and the importance of training for human stamina will be assessed. |  |