

# BONES

## Subject

Basic Science

## Prepared By

[Instructor Name]

## Grade Level

4

## Overview

This lesson plan covers teaching content for;

1. Types of bones.
2. Functions of bones

## Objectives

Students should be able to;

1. Describe a bone.
2. List the types of bones and locate where they are found in the body.
3. List the functions of bones.

## Activity Starter/Instruction

1. Display a picture showing the human skeleton.
2. Explain to the students that the skeleton supports the body to be upright and it helps in movement.
3. Use the picture to identify and list different types of bones telling them their names (such as: Humerus, ribs, tibia and fibula, skull, clavicle, the longest bone in the body which is the femur, etc).
4. Then ask students to touch and feel the types of bones on their body as you point to them on the picture.
5. Ask them if they can feel how hard these bones are, that they are able to support the body and protect internal delicate organs (the skull protecting the brain).

## Guided Practice

### Day 2/ Lesson 2: 15 Mins

1. Ask students to stand up and list parts of their body.
2. Write their answers on the board.
3. Tell them the type of bone found in different parts of the body mentioned.

## Teacher Guide

### Day 1/ Lesson 1: 15 Mins

1. Divide the class into groups.
2. Write a list of different types of bone.
3. Take turn in each group to locate where the bone is found in the body.
4. The group with the highest mark should be announced as the winner.

## Guided Practice

### Day 3/ Lesson 3: 15 Mins

1. Ask students to do the following activities:
  - Stand up
  - Wave their hands
  - Lift their books
  - Jump
2. Ask them what aided these activities.
3. Ask them to list the types of bone involved in the activities performed.
4. List and give further explanation on the functions of bones and the skeleton.

## Materials Required

- Picture of a skeleton

## Additional Resources

- <https://classroom.kidshealth.org/classroom/>
- <https://www.msfta.org/cms/lib6/FL0200116/Movement-Powerpoint.pdf>
- <https://kidshealth.org/en/parents/bones-mi>
- <https://www.teacherplanet.com/content/sk>

## Additional Notes

	<p>4. Explain the functions of bones in the various part of the body mentioned (eg: Leg to walk  – Bones assist in movement, Hand lift things  – Bones help in support and movement, Head – skull helps to protect the brain).</p> <p>5. Ask them to write them in their notes</p>	
	<p><b>Assessment Activity</b>  Assess if pupils can:</p> <p>1. List the types of bones and locate where they are found in the body</p>	<p><b>Assessment Activity</b>  Assess if pupils can:</p> <p>2. List the functions of bones.</p>
	<p><b>Summary</b>  1.</p>	