

# JOINTS

## Subject

Basic Science

## Prepared By

[Instructor Name]

## Grade Level

4

## Overview

This lesson plan covers teaching content for;

1. Types of joints.
2. Functions of joints.

## Objectives

Students should be able to;

1. Define what a joint is
2. List and explain the types of joint.
3. Identify and list different parts of the body where joints are located.
4. Know the functions of the joints.

## Activity Starter/Instruction

1. Define what a joint is to students (A place in the body where two or more bones meet).
2. List different part of the body where different joints are.
  - Elbow
  - Knees
  - Shoulder
  - Ankle
  - Pelvic
  - Skull
3. Ask students to touch such areas on their body.
4. Ask them if helps them in movement and protection of organs (the skull: bones in the skull joins together to protect the brain)

## Guided Practice

### Day 2/ Lesson 2: 15 Mins

1. Divide the class into groups.
2. Write different activities involving the use of joints on different pieces of paper.
3. Fold all the papers and put them in a box/carton.
4. Ask each group to select a representative.

## Teacher Guide

### Day 1/ Lesson 1: 15 Mins

1. Explain to students that there are three main types of joints namely:
  - Movable Joint
  - Partially movable or cartilaginous
  - Immovable Joint
2. Explain to students the types of joint.
3. Movable, or synovial joints are joints that movement occur. The four types are:
  - Ball and socket joint
  - Hinge joint
  - Pivot joint
  - Gliding joint
4. Partially movable, or cartilaginous joints move a little. They are linked by cartilage, as in the spine. It makes the spine flexible
5. Immovable, or fibrous joints are joints that the bones and attached tightly together, no movement can occur. They are found in the pelvic girdle, skull and jaw.
4. Tell students to stand up and touch these following part of their body where these joints are located.

## Materials Required

- Paper
- Pen/Marker
- Box/Carton

## Additional Resources

- [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/089012main\\_12\\_01\\_06.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/089012main_12_01_06.pdf)
- <https://www.teacherspayteachers.com/Product/Joints-in-the-Human-Skeleton-4555642>
- <https://www.teacherspayteachers.com/Product/Joints-Chart-876126>
- <https://serc.carleton.edu/sp/mnstep/activities/>

## Additional Notes

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5. Each representative of each group should pick a paper from the box, open it and perform the activity written on the paper.
  6. Ask the remaining students in the group to guess the activity and the type of movable joint used/ involved in the activity.

- Shoulder (Ball and socket joint)
- Elbow, Knees (Hinge joint)
- Neck (Pivot joint)
- Wrist and ankle (Gliding joint)

### Guided Practice

#### Day 3/ Lesson 3: 15 Mins

1. Draw the table below on the board.

Parts of the body	Type of joint
Wrist	
Ankle	
Skull	
Shoulder	
Hip	
Spinal cord	
Elbow	
Neck	
Jaw	
Knees	

2. Ask students to draw and fill the table with the appropriate answers in their note book.
  3. Go round the class supervising them.
  4. Ask them to exchange their book with their partner.
  5. Write the correct answer on the board and ask them to mark.
  6. After marking tell them to collect their books back and write correction for the wrong answers.
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	<p><b>Assessment Activity</b></p> <p>Assess if pupils can:</p> <ol style="list-style-type: none"> <li>1. List and explain the types of joints.</li> </ol>	<p><b>Assessment Activity</b></p> <p>Assess if students can:</p> <ol style="list-style-type: none"> <li>1. List the various part of the body where we can find the different types of joint.</li> <li>2. List the functions of joints.</li> </ol>
	<p><b>Summary</b></p> <ol style="list-style-type: none"> <li>1. After the answers are written on the board, have the students check their answers for accuracy after marking.</li> </ol>	