

# Practice & Learn Your Muscles

by

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**Grade Level:** K-12<sup>th</sup> Grade

**National Standards:**

Standard 2; Standard 3; Standard 4.

**Learning Objectives:**

- The students will practice associating the names of the muscles to the specific location of that muscle, on their body and in written format.
- The students will practice finding the muscle on their own body.

**Space Needed:**

- Any space.

**Equipment & Materials Needed:**

- One (1) muscle sheet per student.
- One (1) writing implement per student.
- One (1) clipboard per student.

**Set-Up:**

- Place the clipboard, pencil and muscle sheet together, in a designated location per student.

**Rationale for Lesson and Assessment:**

- Standard Two (2): Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- K-2<sup>nd</sup> grade sample performance outcomes (indicators): Identifies correctly body planes; identifies correctly various body parts; states short-term effects of physical activity on the heart and lungs. \*"Moving Into the Future, National Standards for Physical Education, 2<sup>nd</sup> Edition."
- 3<sup>rd</sup>-5<sup>th</sup> grade sample performance outcomes (indicators): Identifies correctly various muscle groups using the proper terms. \*Kamehameha Schools Maui Performance Indicators.
- Instructional and Assessment Examples for Standard Two (2): Event tasks; written tests; problems; scoring rubric; problem-solving-situational questions; problem-solving-use of recording sheets related to biomechanics; group project-oral report; performance task-record of pointers. \*"National Physical Education Standards in Action."

**Description of Learning Activities:**

- Teacher points to a muscle on their own body and asks the student to find the same muscle on their body.
- Teacher states the name of the muscle and has students repeat the name.

\*This should be done over a period of time prior to an assessment.

**Assessment :**

Students use the muscle sheet in the following manner:

- Kindergarten: Teacher asks the students to put their finger on a specific number that is pointing to a particular muscle; teacher points to that muscle on their body; gives the students two (2) choices of what the name might be with a corresponding letter; and asks the students to write the letter that matches the name of the muscle. Kindergarteners should be able to answer 4-5 correctly, out of fourteen (14) or fifteen (15), to earn a four (4) on a 4-point rubric scale (3 = 4; 2 = 3; 1 = 2).
- 1<sup>st</sup> grade: Repeat the same scenario as Kindergarten. 1<sup>st</sup> graders should be able to answer 6-7 correctly, out of fourteen (14) or fifteen (15), to earn a four (4) on a 4-point rubric scale (3 = 5; 2 = 4; 1 = 3).
- 2<sup>nd</sup> grade: Repeat the same scenario as Kindergarten, however increase the number of choices to three (3); 2<sup>nd</sup> graders should be able to answer 7 correctly, out of fourteen (14) or fifteen (15), to earn a four (4) on a 4-point rubric scale (3 = 5-6; 2 = 4; 1 = 3).
- 3<sup>rd</sup> grade: Teacher reviews all the names of the muscles in the order they appear on the muscle sheet; teacher asks the students to put their finger on a specific number that is pointing to a particular muscle; teacher points to that muscle on their body; students are given time to find the name that matches and write the corresponding letter next to the muscle; and then the teacher moves to the next muscle; 3<sup>rd</sup> graders should be able to answer 10 correctly, out of fourteen (14) or fifteen (15), to earn a four (4) on a 4-point rubric scale.
- 4<sup>th</sup> grade: Repeat same scenario as 3<sup>rd</sup> grade; 4<sup>th</sup> graders should be able to answer 11 correctly, out of fourteen (14) or fifteen (15), to earn a four (4) on a 4-point rubric scale (3 = 9; 2 = 7; 1 = 6).
- 5<sup>th</sup> graders: Teacher reviews all the names of the muscles in the order they appear on the muscle sheet; teacher points to that muscle on their body; and then students are given time to complete the muscle sheet on their own; 5<sup>th</sup> graders should be able to answer 11-14 correctly, out of fourteen (14) or fifteen (15), to earn a four (4) on a 4-point rubric scale (3 = 10; 2 = 9-7; 1 = 6).