

Renee Cunningham

## What makes your body move? 60 min

### Objective:

Students will be able to identify the importance of muscles so they can understand how body systems work together by researching muscles and making a life size diagram.

### Big Idea:

How does the muscular system affect the whole body?

### 1. Warm Up / Anticipatory 10 min

Show a clip of America Ninja Warrior--if you are not familiar it is a NBC show that follows participants on an obstacle course that requires extreme physical strength.

Possible clip: (Search America Ninja Warrior on Youtube and NBC has lots more published).

### 2. Investigation and New Learning 20 min

Read the WOD 1207: What is the strongest muscle? Allow students to predict before reading. Highlight key vocabulary.

Explore more specifically using: <https://www.ducksters.com/science/muscles.php>

### Resources

- Muscular System Information <http://https://www.ducksters.com/science/muscles.php>

### 3. Review & Check for Understanding 30 min

Have students trace one member of the group (working in pairs or 3), label major muscles on the body.

<https://www.ducksters.com/science/muscles.php> Has a diagram for students to reference.



Assign each group a muscle to specifically highlight. Have group list 2-3 facts for their respective muscle. Complete a gallery walk so that all students can see the facts about the various muscles and their impact on the human body.

Standards: K.RN.1.1. K.RF.1.1. K.4.A) K.1.C) K.RN.2.1. K.RN.2.2. K.RV.1.1. K.RN.4.1. K.RN.3.2. K.1.D) K.1.K) 110.11 (B) 110.11 (C) 110.11 (F) K.10 (A) (K.9) K.2.A) K.9.B) K.4 (B) K.RV.3.2. K.SL.3.1. RF.K.4. SL.K.2. L.K.6. RI.K.10. RI.K.8. RI.K.1. RI.K.2. RI.K.4. K.CC.1. K.CC.2. K-2.DI.2. K.PS.2. K.NS.1. SC2. [3] SA2.1. K.CC.4.C. [3] SA1.1. [3] SA1.2. K.1 (A) K.2 (A) K.I.3.1. K.RL.P.4.1. K.RI.P.4.1. K.RI.MC.6.1. LA 0.1.5.B. LA 0.1.5.C. LA 0.1.6.F. LA 0.1.6.E. LA 0.1.6.D. K.RI.LCS.8.1. K.RI.LCS.11.2. K.S.1A.6. K.S.1A.8. K.L.2A.4. K.NS.5. K.NS.2. K.C.MC.2.1. PS.6C. K.NS.1. LA 0.1.6.I. LA 0.1.6.M. O.3.O.4. O.2.10.10. O.2.8.8. O.6.1.1. O.8.2.2. (K.5) K.5 (A) K.1.1.3. O.2.4.4. O.2.2.2. MA.0.1.1.A. LA 0.4.1.A. LA 0.1.6.O. MA.0.1.1.C. MA.0.1.1.E. O.2.1.1. 2.1.1.F. 2.1.1.D. 1.1. O.10.6.6. W.K.1 RI.K.10 SL.K.2 L.K.6 K.CC.A.2 K.CC.A.1 RI.K.8 RI.K.4 5.1. 2.1. 3.2. 3.1. RI.K.2 RI.K.1 K.CC.B.4C RF.K.4 1.S.1A.6. RI.1.4 1.S.1A.8. 1.1.A) 1.2.1.1. RI.1.6 RI.1.7 1.RI.LCS.9.1. 1.RI.LCS.11.2. 1.W.MCC.2.1. PS.6C. 1.2.2.2. 1.2.4.4. L.1.4.A. RF.1.4.C. RF.1.4.A. RI.1.10. 1.CC.3. 1.NBT.1. SC2. [3] SA2.1. [3] SA1.2. [3] SA1.1. 1.RI.LCS.8.1. 1.RI.MC.6.1. RI.1.2 2.1.1.F. RI.1.1 LA 1.1.6.E. LA 1.1.6.D. 2.1.1.D. MA.1.1.1.A. LA 1.1.6.M. LA 1.1.6.O. LA 1.2.1.C. LA 1.4.1.A. LA 1.1.5.C. LA 1.1.5.B. RI.1.10 RI.1.8 1.I.2.1. 1.I.3.1. RF.1.4A RF.1.4C 1.NBT.A.1 L.1.4A RI.1.7. SL.1.2 LA 1.1.6.I. SL.1.2. K-2.DI.2. 1.4 (B) 1.6 (C) 1.NS.1. 1.SL.3.1. 1.RV.2.1. 1.RV.3.2. 1.14 (A) 1.14 (B) 1.1 (A) RI.1.6. 1.5 (A) 110.12 (F) 110.12 (D) 1.19 (C) 110.12 (C) 1.RV.1.1. 1.RN.4.1. 1.10.F) 1.10.G) 1.1.A) 1.8.E) 1.8.D) 1.8.B) 1.8.C) 1.2. 1.1.C) 1.RN.1.1. 1.RN.2.1. 1.RN.2.2. 1.RF.2.2. 1.RF.2.1. 1.5.B) 1.RF.1.1. 1.1.3.1.1. 1.5(A) 1.2.10.10. 1.2.8.8. 1.2.7.7. 1.2.6.6. 1.3.O.4.A. 1.1.1.1.2. 2.1. 3.1. 3.3. 1.8.2.2. RL.1.5. RI.1.1. 1.8.7.7.A. 2.1. 1.8.7.7.B. 1.10.4.4.A. 1.1.1.3. 1.1.1. RI.1.4. 1.1. RI.1.2. EIV.1 (B) EII.1 (A) 110.31 (B) EIII.9 (B) EIV.9 (D) EIV.15 (C) (V) (EIV.8) 110.32 (A) (EII.8) EII.9 (B) 110.34 (A) 110.34 (B) 110.33 (A) 110.33 (B) EIII.15 (C) (V) EIII.1 (B) 110.32 (B) EIII.1 (A) EIV.1 (A) LA 10.1.6.I. 10.3.F) 9.5.1.1. 9.5.2.2. 10.5.F) 10.5.H) BIO.1.X) 10.7.D) 9.5.4.4. 9.7.8.8. 9.13.2.2. 9.13.4.4. 9.11.6.6. 9.11.4.4.D. 9.9.7.7.B. 9.11.4.4.A. BIO.1.L) BIO.4.D) LA 10.1.5.D. LA 10.1.6.F. LA 10.1.6.H. LA 10.1.5.C. LA 10.1.4.A. (EI.8) EI.1 (A) 110.46.1 (A) LA 10.1.6.M. E1.RI.LCS.9.3. BIO.6.A) 12.1.2.A. LA 10.4.1.A. LA 10.1.6.O. LA 10.2.1.C. 110.31 (A) 110.48.6 (A) E3.RI.LCS.11.2. E3.RI.LCS.9.5. E3.C.MC.1.1. E4.I.2.1. E4.RI.P.4.3. E4.RI.P.4.1. E3.RI.LCS.9.4. E3.RI.LCS.9.3. E3.RI.MC.6.1. E3.RI.MC.5.2. E3.RI.LCS.8.1. E3.RI.LCS.9.1. E3.RI.LCS.9.2. E4.RI.MC.5.1. E4.RI.MC.5.2. E4.C.MC.1.1. E4.RI.LCS.11.2. PS.6C. H.B.1A.6. H.B.1A.8. E4.RI.LCS.9.5. E4.RI.LCS.9.4. E4.RI.LCS.8.1. E4.RI.MC.6.1. E4.RI.LCS.9.1. E4.RI.LCS.9.2. E4.RI.LCS.9.3. E3.RI.MC.5.1. E3.RI.P.4.3. E1.RI.LCS.9.4. E1.I.2.1. E1.RI.LCS.9.5. E1.C.MC.1.1. E2.I.2.1. E1.RI.P.4.1. E1.RI.P.4.3. E1.RI.LCS.9.1. E1.RI.LCS.9.2. E1.RI.MC.6.1. E1.RI.MC.5.2. E1.RI.MC.5.1. E2.RI.P.4.1. E2.RI.P.4.3. E2.RI.LCS.9.5. E2.RI.LCS.9.4. E2.C.MC.1.1. E3.I.2.1. E3.RI.P.4.1. E2.RI.LCS.9.3. E2.RI.LCS.9.2. E2.RI.MC.5.2. E2.RI.MC.5.1. E2.RI.MC.6.1. E2.RI.LCS.8.1. E2.RI.LCS.9.1. RST.9-10.2. RST.9-10.4. 110.48.5 (A) 110.48.6 (C) 110.48.4 (F) 110.48.4 (E) 110.48.3 (A) 110.49.2 (B) 110.53.3 (B) 110.55.2 (C) 110.55.3 (A) 110.54.5 (B) 110.54.5 (A) 110.54.3 (A) 110.48.2 (F) 110.48.2 (A) 110.47.5 (B) 110.47.6 (A) 110.47.4 (C) 110.47.3 (D) 110.47.2 (A) 110.47.6 (C) 110.47.7 (A) 110.47.9 (E) 110.48.1 (A) 110.47.8 (D) 110.47.8 (B) 110.47.8 (A) 110.55.3 (B) 110.55.3 (C) WHST.9-10.9. WHST.9-10.8. WHST.9-10.10. 9-11.10 (C) 9-11.3 (B) WHST.9-10.7. WHST.9-10.6. RST.9-10.9. RST.9-10.5. RST.9-10.10. WHST.9-10.2(D) WHST.9-10.4. AR.1 (A) ISM.1 (A) 110.55.4 (D) 110.55.5 (A) 110.55.4 (C) 110.55.4 (B) 110.55.4 (A) 110.55.5 (B) AI.1 (A) M.1 (A) AQR.1 (A) P.1 (A) G.1 (A) AII.1 (A) 110.47.1 (A) LA 10.1.6.E. L.9-10.6. L.9-10.4.D. [10] SA1.1. [10] SA1.2. [10] SC2.1. L.9-10.4.A. W.9-10.8. 9.13.5.5. RI.9-10.1. RI.9-10.2. RI.9-10.4. [10] SC2.3. [10] SC2.4. WHST.9-10.6. WHST.9-10.4. WHST.9-10.7. WHST.9-10.8. WHST.9-10.9. WHST.9-10.2.D.