

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.