

4 Day
Only
Rotation

2009-2010 HEALTH LESSON PLANS

Feb/March
2010

ROTATION WEEK # 4

GRADE 3 HOMEROOM Garrison, Earhart, Ivy
**Systems of Body - Emphasis on
Skeletal + Muscular Systems**

DAY 1

MAIN IDEA:

LESSON: Textbook - Growing and Changing B-4
1st - Review the 6 systems of the body - their function and main organs.
2 - Read and discuss pgs 34-39

DAY 2

MAIN IDEA: Muscles and Bones

LESSON: Text a BIO - B-15 Read + Discuss
After B-15 - Show X-ray pic of child's hand and foot
Use Mr. Skeleton - Show the various bones - name them
Transparencies to show - in human body book - and binder # 748
2-1 time left over - show some skeleton/muscular posters

DAY 3

MAIN IDEA: DVD - Bones + Muscles - Bill Nye the Science Guy

LESSON: 26 min.
Discuss what they learned in the DVD - then a folder of
transparencies and a DVD in file drawer for you to use as a
w/ time remaining - as a class - watch around and discuss
skeleton posted in room learning the names of the bones.
Specific, familiar

DAY 4

MAIN IDEA: Hand-out 2 papers - Bone's Care + Name That Bone

LESSON: ing the Bone's Care several times, part in one - bone
as you say the word.
2 Name That Bone - use the "1" paper - list in the names of the bones
(Add to board for the class - clavicle, sternum, vertebrae, radius)
3 Read Funny Bone Article from www.kidshealth.org - in 2nd Grade
4 Book - Broken Bones - Read + Discuss pgs 5-6-10-11-12-13 - skeletal file
Folder

DAY 5

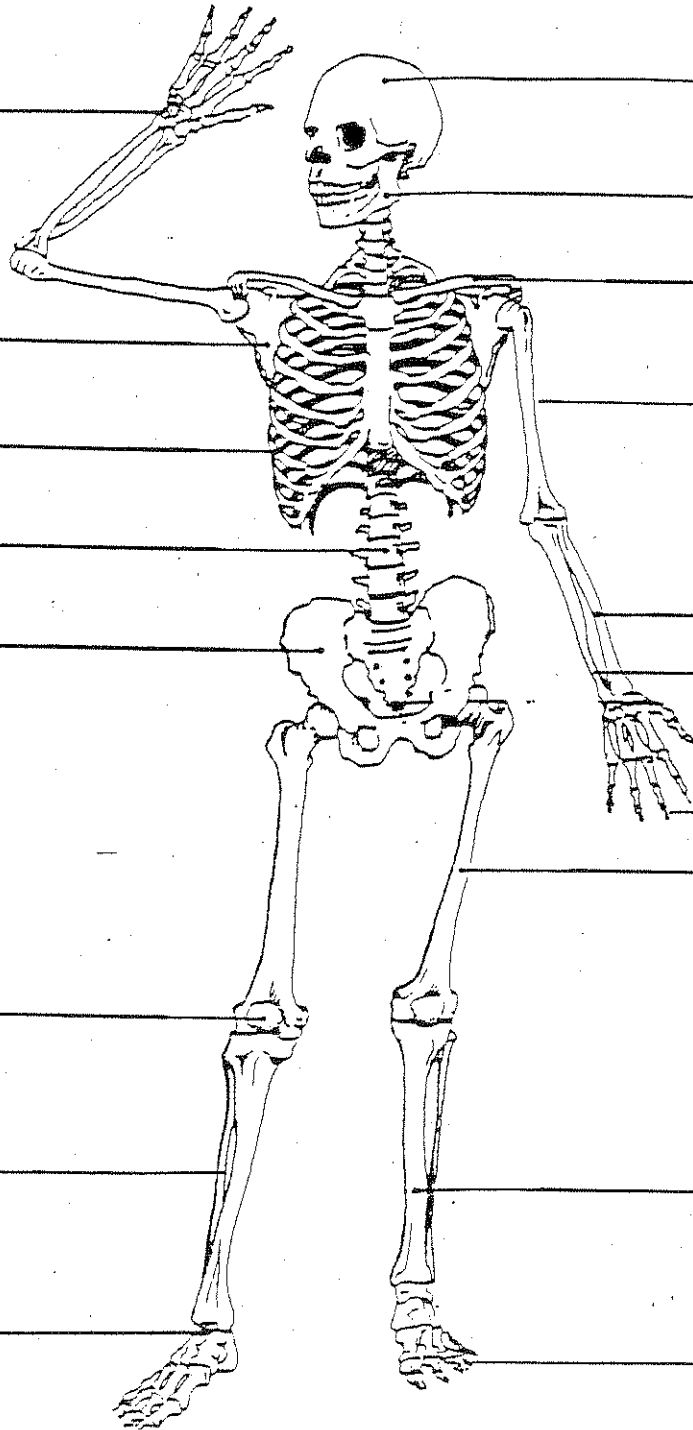
MAIN IDEA:

LESSON:

~~_____~~
~~_____~~
~~_____~~
~~_____~~
~~_____~~

3rd Grade Skeleton Worksheet

Write the scientific name of each bone on the line.

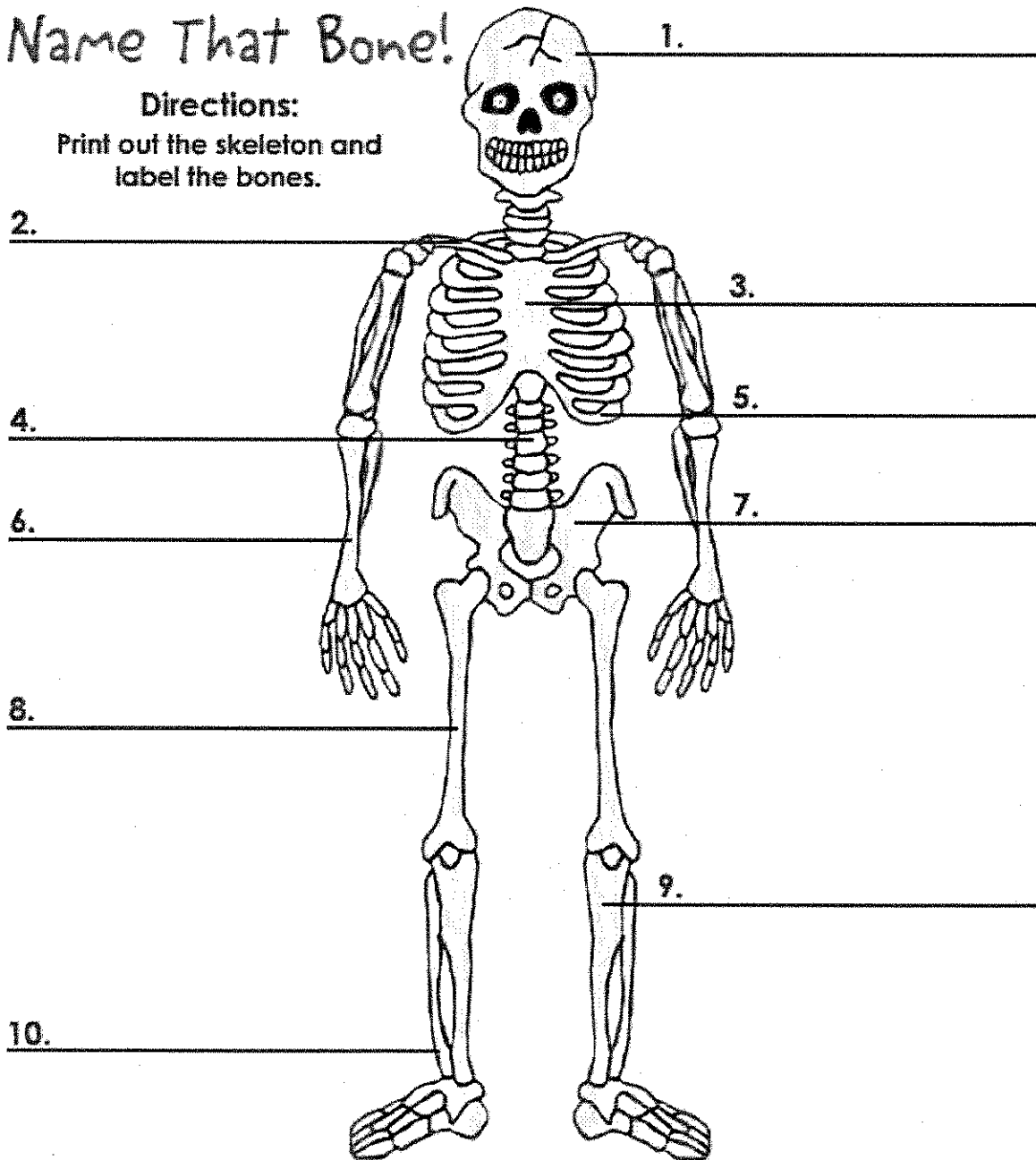


Word Bank: Common Name (Scientific Name)

| | | |
|----------------------|-------------------------|--------------------------|
| anklebones (tarsals) | jawbone (mandible) | wristband (carpals) |
| skull (cranium) | backbone (vertebrae) | shoulder blade (scapula) |
| upper arm (humerus) | ribs | thighbone (femur) |
| kneecap (patella) | shinbone (tibia) | lower arm bone (radius) |
| hipbone (pelvis) | lower arm bone (ulna) | fingers (phalanges) |
| toes (phalanges) | lower leg bone (fibula) | collarbone (clavicle) |

Name That Bone!

Directions:
Print out the skeleton and
label the bones.



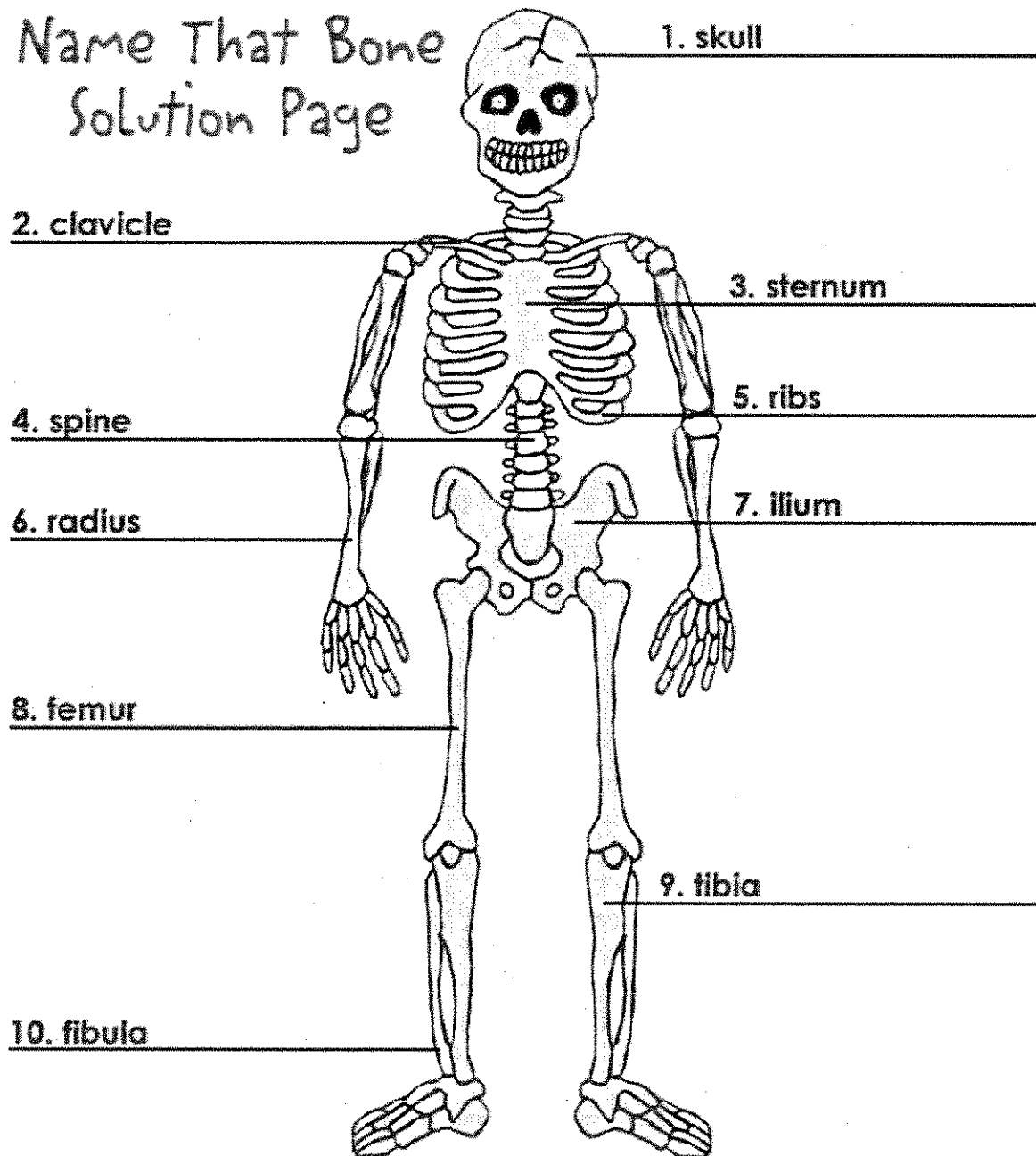
[Click here for answer](#)

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KidsHealth
www.KidsHealth.org



Name That Bone Solution Page



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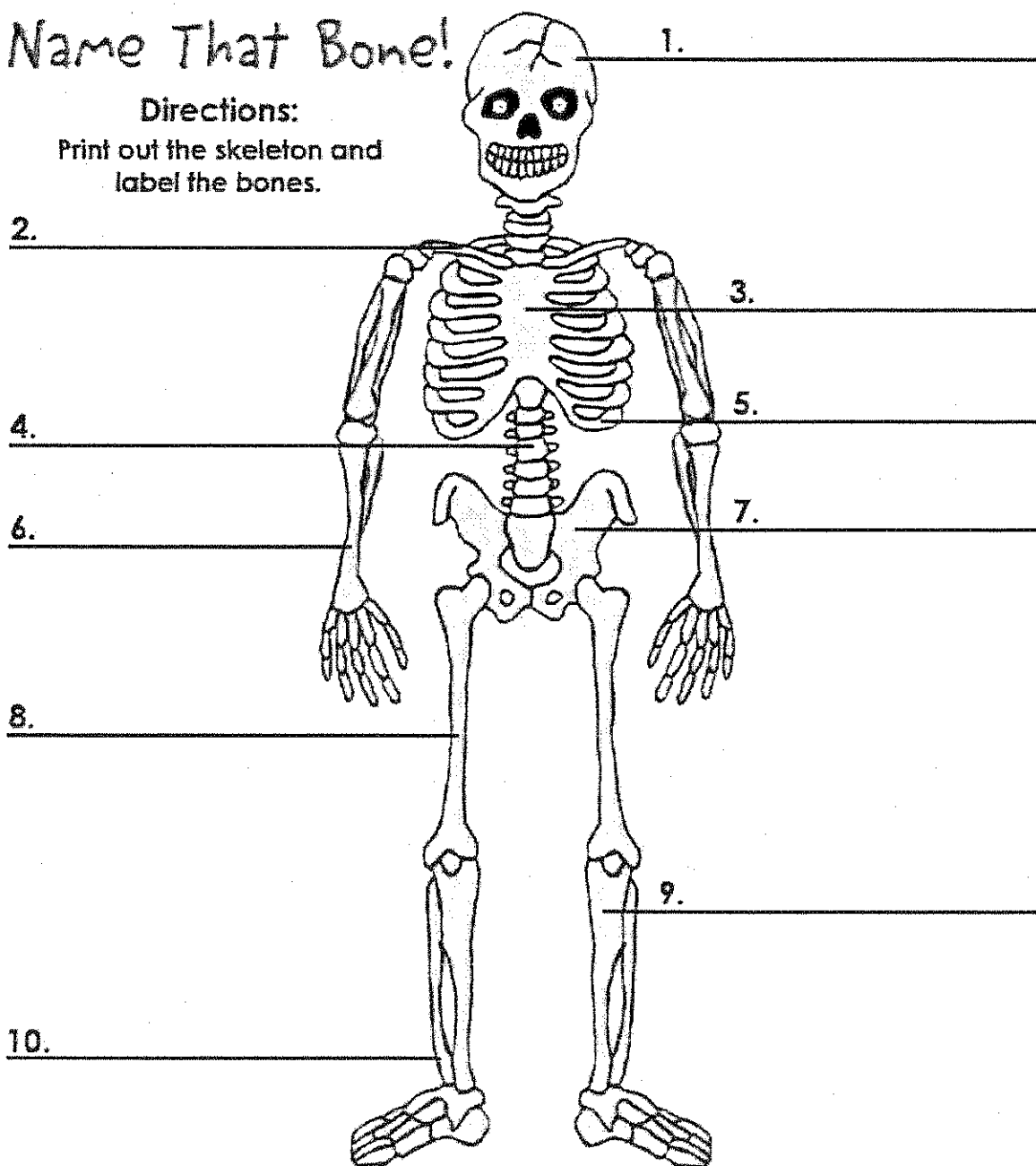
KidsHealth
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Name That Bone!

Directions:

Print out the skeleton and
label the bones.



[Click here for answer](#)

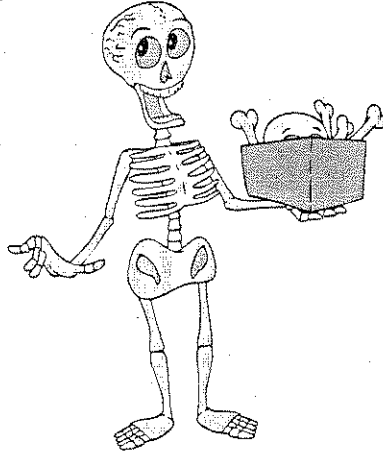
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KidsHealth
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THE BONES SONG

By Mrs. Sheldon



We've got bones, bones, bones
Two hundred and six bones
You've got the cranium, mandible, humerus,
elbow, carpals AND PHALANGES!

REPEAT

In the lower half of your skeleton you have
the pelvis, femur, patella, tibia, fibula,
tarsals AND PHALANGES!

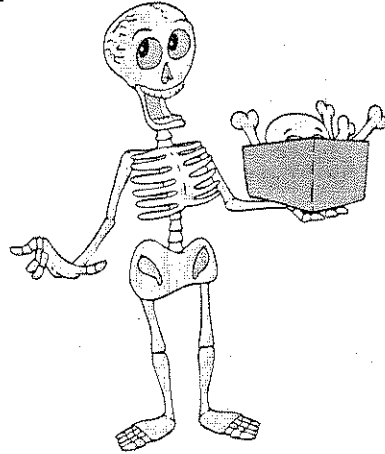
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BONES BONES BONES TWO HUNDRED AND SIX BONES!

YA!!!!

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What's a Funny Bone?

Have you ever hit the inside of your elbow in just the right spot and felt a tingling or prickly kind of dull pain? That's your funny bone! It doesn't really hurt as much as it feels weird. The "funny bone" got its nickname because of that funny feeling you get after you hit it.

But your funny bone isn't actually a bone at all. Running down the inside part of your elbow is a nerve called the **ulnar nerve**. The ulnar nerve lets your brain know about feelings in your fourth and fifth fingers. It's also one of the nerves that controls some movement of your hand.

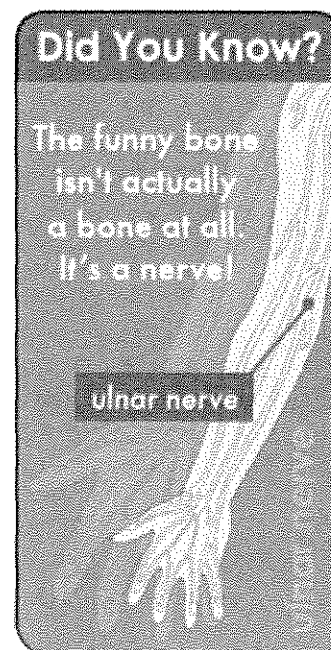
You get that funny feeling when the ulnar nerve is bumped against the **humerus** (say: **hyoo**-muh-rus), the long bone that starts at your elbow and goes up to your shoulder. Tapping your funny bone doesn't do any damage to your elbow, arm, or ulnar nerve. But it sure feels strange!

People sometimes mention the funny bone when they talk about their sense of humor. Maybe you've heard someone say "that really tickled my funny bone." We'll leave you with a joke and hope that it tickles yours:

What's a bone in your body that you can never break? Your funny bone!

Reviewed by: Larissa Hirsch, MD

Date reviewed: July 2007



Note: All information on KidsHealth® is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor.

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