

# Hello, Body!

## TEKS: First Grade

Math

- 3 (A) Model and create addition and subtraction problem situations with concrete objects and write corresponding number sentences.
- 5 (B) Find patterns in numbers including odd and even.
- 11 (A) Identify mathematics in everyday situations.

## Meets Additional TEKS:

Reading: 1(F); 4(A,B); 13(A); 14(A,B,C,D)  
Math: 3(B); 5(C); 11(B,D); 12(A,B)  
Writing: 17(A,B,C,D,E)

## Objective:

Students will identify five or more ways the body can move.

Students will be able to describe the functions of bones and muscles and their importance in human movement.

Students will experience how movement occurs at joints.

Students will be able to explain that joints are what enables the body to bend and move.



## Activities:

1. Introduction (5 minutes) – The *Hello, Body!* video gets students excited to learn about all the wonderful things their bodies can do.
2. What Is Movement? (5 minutes) – A ball toss gets students moving and thinking about movement.
3. Shared Reading (15 minutes) – Explore a short book that explains bones and muscles and how they enable a body to move.
4. Points to Ponder (5 minutes) – Options for further discussion.
5. Feel Muscles Move (5 minutes) – A quick exercise for children to feel their own muscles in action.
6. How Many Joints? (30 minutes) – Partner activity for students to gather and record data on their own joints.

## Materials:

**Introduction: Video:** Hello, Body!

**What Is Movement:** a small, soft ball

**Shared Reading: Book:** I Can Move by Mandy Suhr

**How Many Joints:** "How Many Joints" worksheet (1 per child)

## Did You Know...

Your tongue is a muscle. It works even while you are sleeping, pushing saliva down your throat.<sup>1</sup>

The soleus muscle can pull with the greatest force of any muscle in your body. There is a soleus muscle in each of your legs; it is right below your calf muscle.<sup>2</sup>



## Pedagogy:

Remember to use Bloom's Taxonomy and Gardner's M.I.! For example, in this lesson, you might ask students to DEMONSTRATE how three different joints move (Bloom). For a kinesthetic style learner (Gardner), you might expand on this and have the student create a dance that uses at least ten different joints.



## Brain Builder Vocabulary:

músculo  
articulación  
esqueleto  
flexible  
movimiento  
investigación  
datos/información

## Additional Books:

From Head to Toe by Eric Carle; Your Bones by Terri DeGezelle; Your Muscles by Anne Ylvisaker

## Other Resources:

[http://kidshealth.org/kid/kh\\_misc/bfs\\_elementary\\_execises.html](http://kidshealth.org/kid/kh_misc/bfs_elementary_execises.html) - extra information

<http://www.childrensmuseum.org/themuseum/healthhouse/investigation/index.html> - interactive games

<sup>1</sup> <http://www.loc.gov/rr/scitech/mysteries/muscles.html>

<sup>2</sup> <http://www.loc.gov/rr/scitech/mysteries/muscles.html>