

<b>The Human Body</b>	
<b>Objective</b>	The students will learn how to use Jing by labeling all the body muscles on a picture of the human body. They will work with one other partner and get a picture of a body off the internet. They will then use Jing to label each body muscle with the correct name. Once they have labeled each muscle then they will write on a piece of paper a way to strengthen that muscle to reduce the risk of injury.
<b>Learning Environment</b>	The class will work in groups of 2 to create a picture of the body including all their muscles labeled. They will do this on a computer in the computer lab.
<b>Types of Students</b>	The students will be in middle school levels 6 <sup>th</sup> -8 <sup>th</sup> grade
<b>Standards</b>	Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.
<b>Materials</b>	Computers in computer lab with internet access, Jing, a picture of the human body, a piece of paper, and a pencil or pen.
<b>Procedures</b>	<ol style="list-style-type: none"> <li>1. The students will pair up with one other person then they will review the muscles of the human body.</li> <li>2. After learning how to use the program, the students will take a picture of the human body and label each body part. They will put an arrow from each muscle then make a text box saying which muscle it is.</li> <li>3. After they have determined which muscle is which, then they will get a piece of paper and write down one exercise they could do for each muscle to reduce the risk of injury.</li> <li>4. They will then print out the picture of the body with the muscles labeled.</li> </ol>
<b>Application</b>	Using Jing the students will find a picture of the human body and label each body muscle.
<b>Evaluation</b>	<p>As a whole class we will go over it and each pair will need to say a muscle and what type of exercise they could do to reduce the risk of injury.</p> <p>The students will be evaluated based on the following:</p> <ul style="list-style-type: none"> <li>• Being able to get all the muscles correct- 10 points</li> <li>• Being able to choose and exercise for each muscle- 10 points</li> <li>• Individual participation – 5 points</li> </ul> <p>25 points</p>