

The Human Body*

Grade Level: 6 – 8

OVERVIEW	The purpose of this lesson is to give students a better understanding of the human body in relation to circulatory activity and the cardiovascular system.
OBJECTIVES¹	Following this lesson, students will be able to: <ul style="list-style-type: none">• demonstrate their knowledge of the circulatory and cardiovascular system• implement a cardiovascular workout plan in which they have designed.
STANDARDS	The following standards will be met by this lesson: <ul style="list-style-type: none">• 6.5: Students will demonstrate the ability to use decision-making skills to enhance health.• 6.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
MATERIALS	<ul style="list-style-type: none">• Text Book• Video on circulatory system²• Computer with MS Excel• Weekly schedule• Crocodoc³
PROCEDURE	<ol style="list-style-type: none">1. Ask students what they know about the circulatory system.2. Watch video on circulatory system3. Explain the parts of the body involved with circulation.<ul style="list-style-type: none">• Heart and vein/arteries• Lungs• Oxygen is carried in the blood4. Explain about the cardiovascular system<ul style="list-style-type: none">• Exercises that make your heart beat faster and harder to make your heart stronger• Recommended by doctors to exercise 3 times a week for 20 minutes5. Explain to students the benefits of a healthy cardiovascular system<ul style="list-style-type: none">• Increases muscular strength• Increases endurance• Improves quality of life

* Adapted from The Human Body by Megan Hutton

¹ <http://dc.doe.in.gov/Standards/AcademicStandards/StandardSearch.aspx>

² <http://www.mayoclinic.com/health/circulatory-system/MM00636>

³ <http://crocodoc.com/>

	<ul style="list-style-type: none"> • Clarifies your mental processes • Can extend your life <ol style="list-style-type: none"> 6. Divide students into groups of 4-5 <ul style="list-style-type: none"> • Have students brainstorm and write down different activities that enhances cardiovascular activity • Have each group share their activities with the class • Explain to students other ways to exercise or clarify misconceptions they may have 7. Have students individually make a weekly workout guide using MS Excel by choosing 2-3 activities and listing times and length of when to do them <ul style="list-style-type: none"> • Students can work with one another for motivation with activities 8. Have students upload their weekly workout to Crocodoc. <ul style="list-style-type: none"> • Explain to students to give their URL to other students. • Each student with go to at least three other students workouts and add comments. They can suggest better activities, add comments about time lengths, or ask to join. 9. Stress again the importance of a healthy, strong cardiovascular system
EVALUATION	<p>Students will be evaluated with their participation in the discussions and with the Crocodoc website. Students will need to make three comments to pass. The teacher will evaluate the weekly activity plans and also make comments. The plans will be returned to the students with the final comments.</p>

