Name/Title: Muscles and Bones Warm up

Suggested Grade Level: 4-5

Materials Needed: Powerpoint, computer and projection screen or Smartboard.
Muscles and Bones Workout PDF
Muscles and Bones Workout PowerPoint

Description of Idea

This is a warm up activity where the students perform a movement while trying to identify muscles and bones of the body. The students will read the movement on the screen and then try to identify the muscle or bone on the screen.

Teaching Suggestions:

Read aloud for the student or modify the movements.

Submitted by **Jeff Tiedeman** who teaches at Diamond Canyon School in Anthem, AZ. Thanks for contributing to PE Central! **Posted on PEC: 11/15/2013**.

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