Name/Title: **Quieting Down Muscles and Bones**

Purpose of Event: To have something educational for students to do while are in line at the end of class. It also is a good way to familiarize the students with the proper names of muscles and bones and where they are located.

Suggested Grade Level: 3-5

Materials Needed: Poster board with the heading "Bones we know", Poster board with the heading "Muscles we know". New bones and/or muscles are added each week to the poster board.

Description of Idea

Each week we learn a new muscle and/or bone. It is written on the poster board on the wall as the students come into the gym.

At the end of class the students line up on the line to go out of the gym. I then ask them to point to the muscle or bone. (For example: Show me where your bicep is.)

This is a very good quieting down activity, and it teaches the students the proper names of bones and muscles. We also talk about what each does. They get very excited when we learn a new muscle or bone. By the end of the school year, our poster boards are pretty full and the kids know a lot of muscles and bone.

Assessment Ideas:

If students know the bone or muscle, they will point to it when asked.

Adaptations for Students with Disabilities:

It would work fine with children with disabilities. If they cannot touch the muscle or bone, then they can tell you where it is or what it is used for. When needed, children with disabilities can work with a partner.

Submitted by **Betty Onopa** who teaches at Moline Elementary in Moline, MI. Thanks for contributing to PE Central! **Posted on PEC: 9/19/2001**.

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