

Anatomy Line – P.E. or Group Activity

A group activity (such as in a P.E. class) that can be performed with the Anatomy Line of Meta-threads is to have a group of students wear their Anatomy Meta-threads while performing simple activities, such as swinging a golf club or lifting something above their heads.

Divide the group in half. Have one half perform the activity and have the other half observe. The task of the observers is to report the primary anatomical parts in motion. Use your Meta-threads as a reference (if there are not enough Meta-threads shirts consult an anatomy handout or textbook).

The task for the group is to describe those body parts that are necessary to successfully complete the activity. This activity can be made as simple or as complex as you want. For example, for serving a volleyball, you could keep it simple by talking only about the anatomical parts involved in the arm movements. You could make the activity more complex by discussing the role of the lower body in performing a jump serve. You will want to have the students focus on one specific body part as the central starting point. Moving out from, say, the deltoid muscle, have them explain the relationship of all the connected body parts: what bones does the deltoid connect to? What are the specific tendons and where to the ligaments attach?

In addition to teaching anatomy lessons, this activity also helps teach children and students to be able to critique technical movements. If your child aspires to be a high-level athlete this can be a useful introduction to understanding the finer details and science of their favorite sport. It can instill a sense of what muscle groups need special training. It can instill a sense of proper technique versus ineffective technique due to sloppy physical movements.