

Lesson Plan #5 – “P.E.”

Goal: The goal for this lesson is to begin to expose students to the scientific names for parts of the body.

Objectives: For this lesson students will:

- Learn anatomical nomenclature for specific parts of the human anatomy
- Encounter anatomy lessons through general exposure as well as specific identifying tasks

Lesson Procedure:

During P.E. Meta-threads can be used to expose students to anatomy lessons. While stretching the students are to identify the muscle they are stretching. For example, while stretching the arms, the person wearing a Meta-threads shirt with the word “Triceps” (printed on the back side of the shirt sleeve) or “Biceps” (printed on the top side of the shirt sleeve) would be responsible for identifying the muscle being stretched at that moment. While doing various exercises, push-ups for example, the student wearing the “Pectoral” shirt would be called upon to identify the muscle group that is the focus of the exercise.

A more challenging application of this lesson is to have the students self-identify what muscle group is being targeted during a stretch or exercise.

An even more advanced application of this lesson would be to have students who are wearing Meta-threads shirts with bones try to identify which muscles attach to that particular bone. For example, a student wearing a “Humerus” shirt would be challenged to identify “Triceps.”

The objective of this lesson is to expose students to short lessons in anatomy and to begin to expose them to how unseen parts of their bodies are working. Gradually but steady exposure to anatomical terminology will help prepare them for more advanced study of human anatomy and physiology. And it starts with exposure to the terminology via Meta-threads.