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HOW YOUR BODY MOVES

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RECOMMENDED GRADE LEVEL	4, 5, & 6
ACADEMICS	MATH, SCIENCE, PHYSICAL EDUCATION
TEKS ADDRESSED	5.2, 5.10, 2.9, 3.6
DESCRIPTION	Students learn how their joints work and how their bodies move. Students will measure the angles of their knees, elbows, and shoulders. They will be asked to build a skeleton with toothpicks and clay in which the joints can move. They will explore why certain body parts are more sensitive to touch than others. They will also learn about reaction times and how our muscles, joints, and tendons all come into play. In the last lesson, they will be asked to incorporate all the different types of joints in a human body into a mechanical vehicle made with Legos.
TIME REQUIRED	Each lesson will take 60-90 minutes. There are 5 lessons.
MATERIALS	Pencils, 12-inch rulers, protractors, clay, toothpicks, paper, a replica of a human skeleton, and Legos Robotic Kits
APPROXIMATE COST	\$1.00-2.00 per student, including cost of rulers and protractors. If these do not need to be purchased, it would be less than \$1.00 per student. The cost rises significantly if the Legos Robotics Kits need to be purchased.
TEACHER TIPS	<ol style="list-style-type: none">1. Let the students move. These lessons are all about learning how our bodies move.2. Let them experience trying to move joints in non-traditional ways—just make sure they aren't overextending anything.3. Take them outside and let them run and play, but ask them questions about how joints allow them to run, jump, or hang from the monkey bars.4. The lessons could take longer if the students don't have basic knowledge of how to read a protractor or ruler.
ADAPTATIONS	<ol style="list-style-type: none">1. For younger students, it can be more about learning body parts and less about measuring the angles of their joints.2. The reaction time and sensitivity activities are easier for younger students (2nd and 3rd graders).
CONTACT	Austin ISD