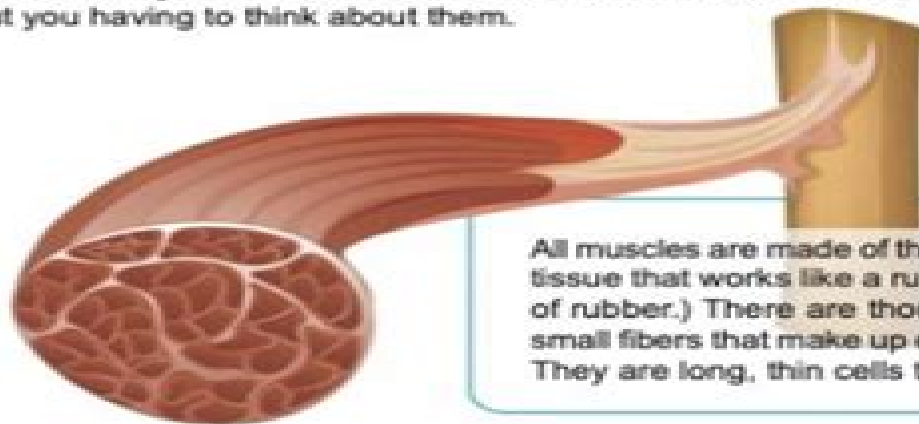


# Muscles

You run. You walk. You lift. You jump. You bend and stretch. How can you make these movements and many others? If you said by using your muscles, then you are correct. A **muscle** helps produce movement in your body and maintains the position of different parts of your body.

The human body contains over 600 muscles. The muscles are located under the skin and cover the bones. They do everything from pumping blood throughout the body to help you lift things as light as a feather or as heavy as a desk. You can control some of your muscles, but others, like the heart muscle, do their jobs without you having to think about them.



All muscles are made of the same material, a type of elastic tissue that works like a rubber band. (They are not made of rubber.) There are thousands and thousands of these small fibers that make up every muscle in the human body. They are long, thin cells that are grouped into bundles.

All muscles work by receiving a signal from a nerve; proteins and chemicals then release energy resulting in the muscle's **contraction**. This means the muscle pulls the bones its connected to closer together. At the same time, other muscles may expand or **relax**, allowing muscle pairs to work together and help you move back and forth.

This is how the biceps and triceps in your arms work. When the biceps contract, the triceps will relax, allowing your arm to bend. When straightening the arm again, the opposite takes place; the biceps will relax and the triceps will contract. The muscles are working together by **relaxing and contracting**.



# Muscular System Lesson Plans 5th Grade

**Sara Haynes Blackwood**



## **Muscular System Lesson Plans 5th Grade:**

**Cells, Skeletal & Muscular Systems: The Muscular System - Muscles Gr. 5-8** Susan Lang,2015-09-01 This is the chapter slice The Muscular System Muscles from the full lesson plan Cells Skeletal Muscular Systems What do cells bones and muscles have in common They are all part of the human body of course Our resource takes you through a fascinating study of the human body with current information written for remedial students in grades 5 to 8 We warm up with a look at the structures and functions of cells including specialized cells Next we examine how cells make up tissues organs and organ systems Then the eight major systems of the body are introduced including the circulatory respiratory nervous digestive excretory and reproductive systems Then on to an in depth study of both the muscular and skeletal systems Reading passages activities for before and after reading hands on activities test prep and color mini posters are all included All of our content is aligned to your State Standards and are written to Bloom s Taxonomy and STEM initiatives

**Cells, Skeletal & Muscular Systems: The Muscular System - Movement Gr. 5-8** Susan Lang,2015-09-01 This is the chapter slice The Muscular System Movement from the full lesson plan Cells Skeletal Muscular Systems What do cells bones and muscles have in common They are all part of the human body of course Our resource takes you through a fascinating study of the human body with current information written for remedial students in grades 5 to 8 We warm up with a look at the structures and functions of cells including specialized cells Next we examine how cells make up tissues organs and organ systems Then the eight major systems of the body are introduced including the circulatory respiratory nervous digestive excretory and reproductive systems Then on to an in depth study of both the muscular and skeletal systems Reading passages activities for before and after reading hands on activities test prep and color mini posters are all included All of our content is aligned to your State Standards and are written to Bloom s Taxonomy and STEM initiatives

*Cells, Skeletal & Muscular Systems Gr. 5-8* Susan Lang,2007-09-01 Start your journey into the human body with cells bones and muscles Our resource takes you through a fascinating study of anatomy with current information Begin with cells the building blocks of life Build your own cell by sculpting the different parts Move into tissues organs and systems to discover all the different systems that make the human body function Next is the skeletal system Invent your own alien skeleton using the different bones found in the human body Understand that these bones are held together with joints and cartilage Finally end this part of the journey with the muscular system Find out the difference between skeletal smooth and cardiac muscles before identifying voluntary and involuntary muscle movement Aligned to the Next Generation State Standards and written to Bloom s Taxonomy and STEAM initiatives additional hands on experiments crossword word search comprehension quiz and answer key are also included

**Physical Education Lesson Plans for Classroom Teachers** Carol Jahan, M.S.,2010-12-01 Lesson plan books for classroom teachers to be able to provide a whole year complete program of physical education for each grade level K 6 All activities are standard based and follow a sequence so classroom teachers can follow the progression and add other activities

if desired without having to spend a lot of time trying to decide what to teach next Each game skill or fitness activity is labeled for its appropriate grade level and the standard it meets so the teacher is confident in providing a program his her students will enjoy It s all been done for the classroom teacher All he she has to do is follow the book In print book format and ebook format two editions are available K 3rd Grade and Grades 4 6

**Resources for Teaching Elementary School Science** National Science Resources Center of the National Academy of Sciences and the Smithsonian Institution,1996-04-28 What activities might a teacher use to help children explore the life cycle of butterflies What does a science teacher need to conduct a leaf safari for students Where can children safely enjoy hands on experience with life in an estuary Selecting resources to teach elementary school science can be confusing and difficult but few decisions have greater impact on the effectiveness of science teaching Educators will find a wealth of information and expert guidance to meet this need in Resources for Teaching Elementary School Science A completely revised edition of the best selling resource guide Science for Children Resources for Teachers this new book is an annotated guide to hands on inquiry centered curriculum materials and sources of help in teaching science from kindergarten through sixth grade Companion volumes for middle and high school are planned The guide annotates about 350 curriculum packages describing the activities involved and what students learn Each annotation lists recommended grade levels accompanying materials and kits or suggested equipment and ordering information These 400 entries were reviewed by both educators and scientists to ensure that they are accurate and current and offer students the opportunity to Ask questions and find their own answers Experiment productively Develop patience persistence and confidence in their own ability to solve real problems The entries in the curriculum section are grouped by scientific area Life Science Earth Science Physical Science and Multidisciplinary and Applied Science and by type core materials supplementary materials and science activity books Additionally a section of references for teachers provides annotated listings of books about science and teaching directories and guides to science trade books and magazines that will help teachers enhance their students science education Resources for Teaching Elementary School Science also lists by region and state about 600 science centers museums and zoos where teachers can take students for interactive science experiences Annotations highlight almost 300 facilities that make significant efforts to help teachers Another section describes more than 100 organizations from which teachers can obtain more resources And a section on publishers and suppliers give names and addresses of sources for materials The guide will be invaluable to teachers principals administrators teacher trainers science curriculum specialists and advocates of hands on science teaching and it will be of interest to parent teacher organizations and parents

**Cells, Skeletal & Muscular Systems: Cell Structures & Functions Gr. 5-8** Susan Lang,2015-09-01 This is the chapter slice Cell Structures Functions from the full lesson plan Cells Skeletal Muscular Systems What do cells bones and muscles have in common They are all part of the human body of course Our resource takes you through a fascinating study of the human body with current information written for remedial students

in grades 5 to 8 We warm up with a look at the structures and functions of cells including specialized cells Next we examine how cells make up tissues organs and organ systems Then the eight major systems of the body are introduced including the circulatory respiratory nervous digestive excretory and reproductive systems Then on to an in depth study of both the muscular and skeletal systems Reading passages activities for before and after reading hands on activities test prep and color mini posters are all included All of our content is aligned to your State Standards and are written to Bloom s Taxonomy and STEM initiatives

**Hands-On Science and Technology, Grade 5** Jennifer Lawson,2008-11-13 This teacher resource offers a detailed introduction to the Hands On Science and Technology program guiding principles implementation guidelines an overview of the science skills that grade 5 students use and develop and a classroom assessment plan complete with record keeping templates It also includes connections to the Achievement Levels as outlined in The Ontario Curriculum Grades 1 8 Science and Technology 2007 This resource has four instructional units Unit 1 Human Organ Systems Unit 2 Forces Acting on Structures and Mechanisms Unit 3 Properties of and Changes in Matter Unit 4 Conservation of Energy and Resources Each unit is divided into lessons that focus on specific curricular expectations Each lesson has curriculum expectation s lists materials lists activity descriptions assessment suggestions activity sheet s and graphic organizer s

Science, Grade 5 Sara Haynes Blackwood,2016-01-04 Interactive Notebooks Science for grade 5 is a fun way to teach and reinforce effective note taking for students Students become a part of the learning process with activities about ecosystems body systems physical and chemical changes weather Earth s crust natural resources and more This book is an essential resource that will guide you through setting up creating and maintaining interactive notebooks for skill retention in the classroom High interest and hands on interactive notebooks effectively engage students in learning new concepts Students are encouraged to personalize interactive notebooks to fit their specific learning needs by creating fun colorful pages for each topic With this note taking process students will learn organization color coding summarizing and other important skills while creating personalized portfolios of their individual learning that they can reference throughout the year Spanning grades kindergarten to grade 8 the Interactive Notebooks series focuses on grade specific math language arts or science skills Aligned to meet current state standards every 96 page book in this series offers lesson plans to keep the process focused Reproducibles are included to create notebook pages on a variety of topics making this series a fun one of a kind learning experience

**Cells, Skeletal & Muscular Systems: Cells, Tissues, Organs & Systems Gr. 5-8** Susan Lang,2015-09-01 This is the chapter slice Cells Tissues Organs Systems from the full lesson plan Cells Skeletal Muscular Systems What do cells bones and muscles have in common They are all part of the human body of course Our resource takes you through a fascinating study of the human body with current information written for remedial students in grades 5 to 8 We warm up with a look at the structures and functions of cells including specialized cells Next we examine how cells make up tissues organs and organ systems Then the eight major systems of the body are introduced including the circulatory

respiratory nervous digestive excretory and reproductive systems Then on to an in depth study of both the muscular and skeletal systems Reading passages activities for before and after reading hands on activities test prep and color mini posters are all included All of our content is aligned to your State Standards and are written to Bloom s Taxonomy and STEM initiatives

**Hands-On Science and Technology for Ontario, Grade 5** Jennifer E. Lawson, 2020-09-07 Experienced educators share their best classroom tested ideas in this teacher friendly activity based resource The grade 5 book is divided into four units Human Organ Systems Forces Acting on Structures and Mechanisms Properties of and Changes in Matter Conservation of Energy and Resources STAND OUT COMPONENTS custom written for the Ontario curriculum uses an inquiry based scientific and technological approach builds understanding of Indigenous knowledge and perspectives TIME SAVING COST EFFECTIVE FEATURES includes resources for both teachers and students a four part instructional process activate action consolidate and debrief enhance an emphasis on technology sustainability and personalized learning a fully developed assessment plan for assessment for as and of learning a focus on real life technological problem solving learning centres that focus on multiple intelligences and universal design for learning UDL land based learning activities and Makerspace centres access to digital image banks and digital reproducibles Find download instructions in the Appendix of the book

**Complete Physical Education Plans for Grades 5 to 12** Isobel Kleinman, 2009 This popular book provides loads of teacher tested lesson plans and assessment tools that will decrease your preparation time and increase your students competency After listening to requests of the first edition s users the author has packed two more popular field sports and a unique chapter on educational gymnastics into this new edition of Complete Physical Education Plans for Grades 5 to 12 Lessons can cover beginner intermediate and advanced levels and break down each skill as it is introduced The chapters also integrate the applicable rules and strategies during the learning process and use methods that will keep students active learning successful and completely motivated In addition to the clear instruction for teaching skills rules and strategies each lesson generates opportunities for students to develop physical cognitive and social skills Each unit is designed to help students gain competency appropriate for their experience level Formerly published as Complete Physical Education Plans for Grades 7 to 12 the book features exciting new material Detailed introductions of skills and how to practice the mechanics of each skill or dance Three new chapters field hockey lacrosse and educational gymnastics the latter of which includes three units that can be used in teaching both gymnastics and creative dance Complete Physical Education Plans for Grades 5 to 12 provides field tested lesson plans for 484 classes covering 18 areas of fitness creative movement and dance and sports These professionally prepared plans will not only cut your own prep time but also help you focus on the essentials in each step of your students learning process It is a great resource when you need material for a substitute teacher or when you are asked to submit plans to your school administrator In addition to the lesson plans the book and CD ROM package contains a wealth of teaching and assessment tools including skills rubrics portfolio checklists unit fact sheets

and quizzes The accompanying CD ROM enables you to print study sheets student extension projects portfolio checklists unit quizzes and answer keys You can also print out any page of the text from the CD ROM e g lessons full units tests Publisher s website

**Elementary School Wellness Education** Matthew Cummiskey, Frances Cleland Donnelly, 2022-06-20 Health education and physical education are traditionally siloed for no good reason according to authors Matthew Cummiskey and Frances Cleland Donnelly So through Elementary School Wellness Education the two authors provide a blueprint complete with lesson plans for teachers to fuse health education and physical education into one elementary school class Students should be educated in a more holistic manner says Cummiskey We applied the concept of school wellness education at the elementary level which has components of both traditional health education and physical education Elementary School Wellness Education offers the following 37 detailed lesson plans for grades K 5 19 lessons for K 2 and 18 lessons for grades 3 5 that are tied to SHAPE America Outcomes and National Health Education Performance Indicators Clear instruction on how to apply the plans making it perfect for both preservice and in service teachers More than 70 lesson plan handouts with four color graphics available in the HKPropel platform that are easy for teachers to print A test package presentation package and instructor guide that make this ideal for existing and emerging teacher education courses A typical School Wellness Education SWE lesson combines classroom based learning activities such as discussions worksheets and videos with physical activity All the lessons in the book take place in the gymnasium so there s no need for a separate health education classroom In addition the SWE approach helps teachers maximize their instruction time by meeting multiple learning standards simultaneously The lessons are learning focused with each activity carefully aligned to the objectives says Cleland Donnelly Moreover they re fun Students aren t sitting in a traditional classroom learning health they re doing it in the gym SWE also uses traditional PE equipment and the gym in new and creative ways she adds This is especially important in schools that lack a separate health education classroom Elementary School Wellness Education addresses emergent pedagogies such as skill based education universal design for learning social and emotional learning and social justice helping both in service and preservice teachers understand how to use and benefit from these pedagogical approaches It also guides readers in how to teach wellness education online as effectively as face to face Teachers will learn how to teach the content in person online or in a hybrid approach The good news for teachers is that SWE is not a dramatic departure from existing instruction says Cummiskey Students are still moving and being taught in the gymnasium but now health content and skills are being infused into all the lessons The book he says is also suitable for use by classroom teachers looking to promote wellness or incorporate additional physical activity into their students days The intent is to imbue students with the knowledge skills and dispositions to lead a healthy life into and through adulthood he says Note A code for accessing HKPropel is included with this ebook

**Differentiated Lessons and Assessments - Science, Grade 5** Julia McMeans, 2010 Practical strategies activities and assessments help teachers differentiate lessons to meet the individual needs styles and abilities of students Each unit of

study includes key concepts discussion topics vocabulary and assessments in addition to a wide range of activities for visual logical verbal musical and kinesthetic learners Helpful extras include generic strategies and activities for differentiating lessons and McREL content standards

**Cells, Skeletal & Muscular Systems: The Muscular System - Muscles - Google Slides Gr. 5-8** Susan Lang, 2022-10-20 This is a Google Slides version of the The Muscular System Muscles chapter from the full lesson plan Cells Skeletal Muscular Systems Our resource takes you through a fascinating study of anatomy with current information Finally end this part of the journey with the muscular system Find out the difference between skeletal smooth and cardiac muscles All of our content is reproducible and aligned to your State Standards and are written to Bloom s Taxonomy About GOOGLE SLIDES This resource is for Google Slides use Google Slides is free with a Google email account We recommend having Google Classroom in addition to Google Slides to optimize use of this resource This will allow you to easily give assignments to students with a click of a button This resource is comprised of interactive slides for students to complete activities right on their device It is ideal for distance learning as teachers can share the resource remotely with their students have them complete it and return where the teacher can mark it from any location What You Get An entire Google Slides presentation with reading passages comprehension questions and drag and drop activities that students can edit and send back to the teacher A start up manual including a Teacher Guide on how to use Google Slides for your classroom and an Answer Key to go along with the activities in the Google Slides document [Directory of Distance Learning Opportunities](#) Modoc Press, Inc., 2003-02-28 This book provides an overview of current K 12 courses and programs offered in the United States as correspondence study or via such electronic delivery systems as satellite cable or the Internet The Directory includes over 6 000 courses offered by 154 institutions or distance learning consortium members Following an introduction that describes existing practices and delivery methods the Directory offers three indexes Subject Index of Courses Offered by Level Course Level Index Geographic Index All information was supplied by the institutions Entries include current contact information a description of the institution and the courses offered grade level and admission information tuition and fee information enrollment periods delivery information equipment requirements credit and grading information library services and accreditation

**Learning From Text Across Conceptual Domains** Cynthia R. Hynd, 2013-12-16 This volume is an attempt to synthesize the understandings we have about reading to learn Although learning at all ages is discussed in this volume the main focus is on middle and high school classrooms critical spaces of learning and thinking The amount of knowledge presented in written form is increasing and the information we get from texts is often conflicting We are in a knowledge explosion that leaves us reeling and may effectively disenfranchise those who are not keeping up There has never been a more crucial time for students to understand learn from and think critically about the information in various forms of text Thus understanding what it means to learn is vital for all educators Learning from text is a complex matter that includes student factors social ethnic and cultural differences as well as varying motivations self



perceptions goals and needs instructional and teacher factors and disciplinary and social factors One important goal of the book is to encourage practicing teachers to learn to consider their students in new ways to see them as being influenced by and as influencing not just the classroom but the total fabric of the disciplines they are learning Equally important it is intended to foster further research efforts from local studies of classrooms by teachers to large scale studies that produce generalizable understandings about learning from text This volume a result of the editor s and contributors work with the National Reading Research Center will be of interest to all researchers graduate students practicing teachers and teachers in training who are interested in understanding the issues that are central to improving students learning from text

**Common Core Curriculum: English, Grades K-5** Great Minds,2014-05-06 Common Core s English resources empower educators to meet the expectations of the Common Core State Standards CCSS for English Language Arts ELA and build essential content knowledge for students in grades K 5 Each grade in The Wheatley Portfolio features a comprehensive coherent sequence of thematic units that engage students in deep study of worthwhile texts and topics Features of this book include Six thematic units for each grade each centered on a curated collection of literary and informational texts Focus standards for each unit that complement the topic and promote student mastery of essential literacy skills Suggested texts and activities to incorporate science art and history into English instruction This revised second edition includes a sample text study that guides students through a close read of an exemplary text updated web resources and refreshed suggested works Educators who create their curriculum based on Common Core s Wheatley Portfolioguarantee that students are exposed to content rich instruction and have ample opportunity to master the reading writing speaking listening and language skills articulated in the CCSS for ELA Teaching with a Multicultural Perspective Leonard Davidman,Patricia T. Davidman,1997 This text offers a clear seven goal model for creating effective instruction in culturally diverse classrooms The model based on a set of field tested planning questions is linked to a series of curriculum case studies Strong coverage of ethnic identity empowerment the social construction of knowledge and equity based learning *Resources in Education* ,2001 **Annual Report of the State Commissioner of Common Schools, to the Governor of the State of Ohio, for the Year** Ohio. Office of the State Commissioner of Common Schools,1913

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