

Look Inside the Body

Standard 1 Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Teaching Objectives

- Identify protective behaviors to avoid/manage unhealthy situations
- List organs within a body system in sequential order

Teaching Strategies

- Place students in five groups, assigning each group one of the body systems.
- Give each group 20 or more index cards and a marker.
- Have students complete steps 1 through 4. In step 2, have students start from the following organs (circulatory: right atrium; lymphatic: tonsils; respiratory: nose; digestive: mouth; excretory: kidney).
- Continue the game by having students read the back of each card and select one lifestyle behavior they would be willing to do to improve their overall health pertaining to that specific body system. Pass the cards to the next team and continue the game.

Assessment

Using a rubric, student work should provide comprehensive evidence of the following criteria to achieve the highest score.

- ✓ Identify healthy behaviors and habits
- ✓ Identify protective behaviors to avoid/manage unhealthy situations
- ✓ List organs within a body system in sequential order

Hands-On **HEALTH**

Activity Look Inside the Body

This activity will help you understand how the body systems work, and what you can do to maintain and/or improve their amazing performance.

What You'll Need

- 20 or more index cards and a marker
- resources: your textbook, the Internet

What You'll Do

Step 1

Research a body system, writing the name of each organ from that system, one organ per index card. Place the index cards in order related to how the system works. For example, begin with the kidney (excretory system). Do the same for the digestive, lymphatic, respiratory, or circulatory systems.

Step 2

On the back of each index card, identify a health problem associated with this system and one lifestyle behavior to improve that problem.

Step 3

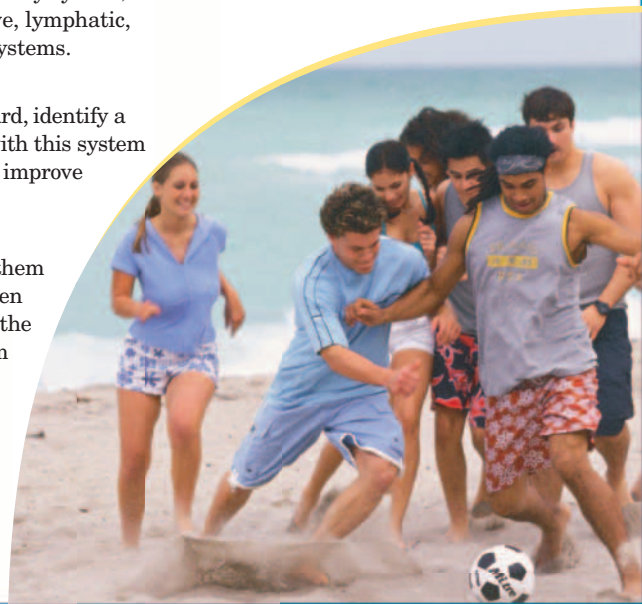
Mix the cards up, and pass them to the team on your left. When the teacher says "GO" place the cards in order. The first team done wins!

Apply and Conclude

Select one lifestyle behavior from the back of the cards you would be willing to do to improve your overall health.

Checklist: Self-Management Skills

- ✓ Identify healthy behaviors and habits
- ✓ Identify protective behaviors to avoid/manage unhealthy situations
- ✓ List organs within a body system in sequential order



Health Literacy

Sudden Cardiac Arrest Sudden cardiac arrest (SCA) can cause young athletes to die unexpectedly while participating in sports. SCA is usually caused by abnormality in the heart muscle that was present at birth. Unlike a heart attack, a person experiencing SCA

collapses and loses consciousness immediately. Breathing stops and blood pressure and pulse are zero. CPR is not an effective treatment for SCA. However, if the heart receives an immediate electric shock (defibrillation), a normal heartbeat can usually be restored.