

# PHYSICAL EDUCATION

## Teacher's Guide GRADE 7

### Lesson 2: BODY PARTS

#### Bones

**Competency:** Identify major bones related to human anatomy.

**Elements:** Learn main bones through play-based activity.

#### Performance Criteria

- Learn main bones through play-based activity.
- Teamwork and communication

**Purpose of Activity:** To engage learners in acquiring foundational knowledge essential for engaging in physical activities.

#### Learning Outcomes

By the end of this lesson, students will be able to:

- Identify at least four main bones of the human body.
- Classify at least one main bones from each part of the human body.

#### Resources and Materials

Cones, Hula Hoops, balls, whistle, flash cards

#### Teaching trajectories and Implementation Guidelines

**Activity 1 - Bones Relay****Teacher**

- Set four stations (Each with a major bone name)
- Divide the class into four groups.
- Place a flash card (Bone name) at Point A.
- Place the alphabets of the bone name at Point B (E.g: R, I, B & S)

**Students**

- On whistle blow, one student from each group run from Point A to Point B and pick a random alphabet and runs back to Point A and place it on the ground.
- Continue until all the alphabets are picked up and placed in the correct order according to the station assigned.

**Note**

1. • At the end of each relay, gather each group to recall the name of the major bones.
2. • Ensure that the four groups complete all the stations.