

PHYSICAL EDUCATION

Teacher's Guide GRADE 8

Lesson 2: MUSCLES

Competency: Competence in learning the main muscles names of the human body.

Element: List the name of major muscles of the human body.

Performance Criteria

- Show the ability to recall the names of different muscles.

Purpose of Activity: To enable students to Identify major muscles related to human anatomy.

Learning Outcomes

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

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

Resources and Materials

Cones, Hula Hoops, balls, whistle, and flash cards.

Teaching trajectories and Implementation Guidelines

Activity 1 - Muscles Relay

Teacher

- Sets four stations (Each with a major muscle name)
- Divides the class into four groups.
- Places a flash card (Muscle name) at Point A.
- Places the alphabets of the muscle name at Point B (e.g: B, I, C, E, P & S).

Students

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

Note

- **At the end of each relay, gather each group to recall the name of the major muscles.**
- **Ensure that the four groups complete all the stations.**

Muscles Cards

Abdominal

Quadriceps

Biceps

Gluteus

Pectorals

Triceps

Hamstring