

PHYSICAL EDUCATION

Teacher's Guide GRADE 8

Lesson 5: DIGESTIVE SYSTEM

Competency: Competence in Identifying different organs and systems of the body.

Element: List the main parts of the digestive system.

Performance Criteria

To show an understanding of the human digestive system.

Purpose of Activity: To Demonstrate an understanding of different fitness exercises in relation to the FITT principles.

Learning Outcomes

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

- Move and identify different parts of the digestive system.
- Recall and write key words of the digestive system.
- Label the main parts of the digestive system.
- Work in groups throughout the activities

Resources and Materials

Cones, hula hoops, whistle, marking cones, photo of the digestive system, flashcards and photos of the digestive system (Mouth, Saliva, Esophagus, Stomach, Small Intestine, and Large Intestine).

Teaching trajectories and Implementation Guidelines

Activity 1 - 'Digestive Detective'

- Set up different stations over the playing area to represent each part of the digestive system (Place photos randomly).
- Introduce the digestive system using questioning skills (Use a photo of the digestive system).
- Divide the class in 4 or 5 groups.
- Provide each group with flashcards or pictures of the digestive system.
- On whistle blow, each group must hop/lunge together around the playing area to identify photos representing each part of the digestive system.
- On identifying a photo, each group place the related flashcard and continue the activity until they have placed all the flashcards in their respective stations.

Activity 2: Simon Says

- Set up different stations over the playing area to represent each part of the digestive system (Place photos randomly).
- Explain the game Simon Says.
- Simon says 'jog' (or any movement), student must jog around the playing area
- Simon says 'mouth' (or any word related to the digestive system), student have jog (or any movement) towards the appropriate station.
- Reaching the appropriate station, students should freeze balance and spell the word 'mouth' loudly (or any word related to the digestive system).
- Continue the game until students have completed the whole digestive system.

Activity 3 'Digestive Hang Man'

- Explain how to play the hang man game.
- Students need to guess the different alphabets to formulate the correct word/part of the digestive system.
- if an alphabet is not correct, the student should start drawing the process to be hang.
- Continue the game until all parts of the digestive system are identified.
- The game can be played individually or in groups.

Digestive Flash Cards

Mouth

Esophagus

Saliva

Large Intestine

Stomach

Small Intestine