

Science - Body parts and movements

1 Write the action words.

~~kick~~
run
jump
write
ride a bike
throw
catch
hit



cikk
kick



nru



mupj



irewt



dier a eibk



rwtho



hactc



thi

2 Tick the main body parts for each action.

	jump	write	kick	ride a bike	kick	catch	hit	throw
shoulder								
elbow								
wrist								
hip								
knee	✓							
ankle	✓							

3 Complete the instructions.

- Catch! Use your _____.
- Throw the ball! Use your _____.
- Ride the bike! Use your _____.
- Kick! Use your _____.

arms
legs
feet
hands

Subject: Science

Body parts and movement

Objective: recognising the different parts of the body involved in common movements

Vocabulary: *kick, run, jump, write, ride a bike, throw, catch, hit, body parts, joints*

Introduction

Part of the work at this level on human anatomy involves examining which muscles and body parts are used for different actions.

Warm up

- Play 'word association' with the class. Say an action, for example, *run* and choose a pupil to respond with a body part, for example, *leg*.
- Continue with different actions.

Activity 1

- Pupils unscramble the letters under the pictures to form action words. They can use the words in the word box as a guide.

Answers: kick; run; jump; write; ride a bike, throw; catch; hit

Activity 2

- Ask a pupil to perform one of the actions from Activity 1, for example, *jump*.
- Ask pupils to concentrate on the movement in the joints. Ask *Which joints moved?*
- Repeat with other actions.
- Pupils complete the chart.

Answers: (jump) knee, ankle; (write) wrist; (kick) knee, ankle; (ride a bike) hip, knee, ankle; (catch) wrist, elbow; (hit) wrist, elbow, shoulder; (throw) wrist, elbow, shoulder

Activity 3

- Pupils consider the body parts (not joints) involved in the actions.
- Pupil complete the sentences.
- They then read the sentences out loud.

Answers: 1-hands; 2-arms; 3-legs; 4-feet

Project ideas

- Pupils devise a warm-up routine that exercises all body parts and joints. They can choose a piece of music for the routine and perform it for the class.
- Choose other simple actions (walking, eating, swimming) and identify the main body parts and joints.