



PE/Health Virtual Learning

3rd Grade Skeleton Part 1

Upper Arm Bones

April 13-17-2020



3rd Grade PE

Lesson: April 13-17

Learning Target:

Students will review the bones of the upper arm.



Safety First

Please make sure that you have a safe learning environment free from any items that could cause physical harm to you or others around you. Also Do Not consume items unless you have permission from a parent. Before beginning any activity, check in with your parents first to make sure the items you want to look at or do are safe.

Physical Education Warm Up



Students will complete their normal warm up activities:

Jumping Jacks (25)

Front to back Jumps (25)

Side to side Jumps (25)

Scissors (25)



Stretching Routine

Students will work on their flexibility by completing their bilateral stretching routines for all of the major muscle groups. Remember to hold your stretches for 15 to 20 seconds before switching.

Hamstrings

Butterflies

Quadriceps

R/L shoulders

Senior pictures

Back Scratchers

Hamstring stretches



Quadricep stretches



Senior Pictures



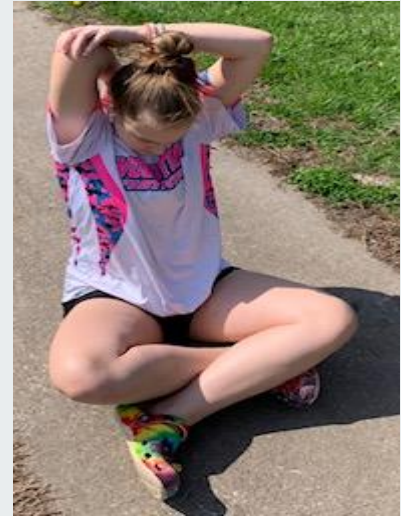
Butterflies



Shoulder Stretches



Back Scratchers





Muscular Strength

Students will complete their sets of 6 pushups and 16 curl ups to improve their muscular strength and endurance.



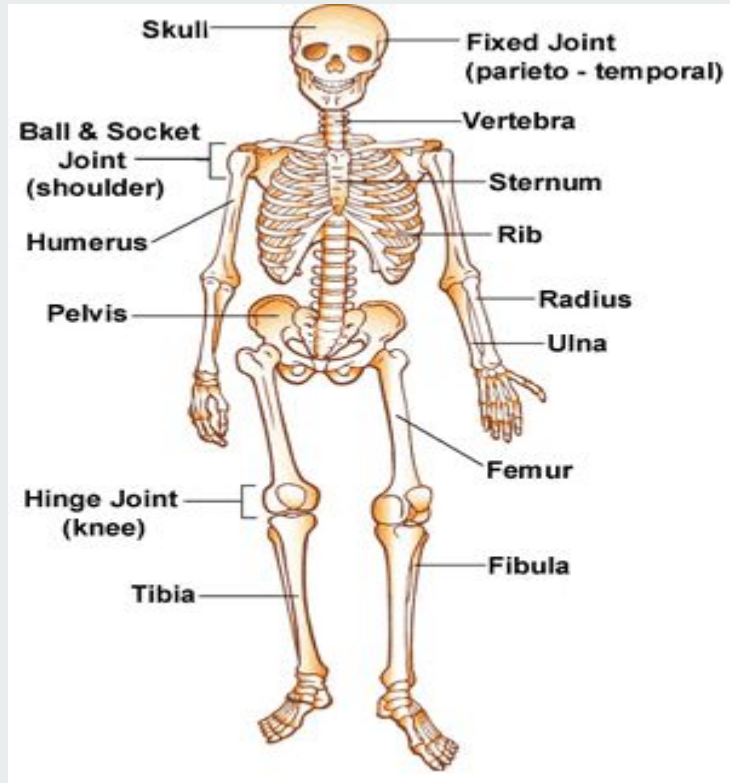
Digging up Bones

Let's begin with a couple of video reviews

[Dr. Binocs](#)

[Dem Bones Song](#)

Meet Mr. Bones



Upper Arm Bones



Today we're going to focus on the bones of the upper arm

Humerus

Radius

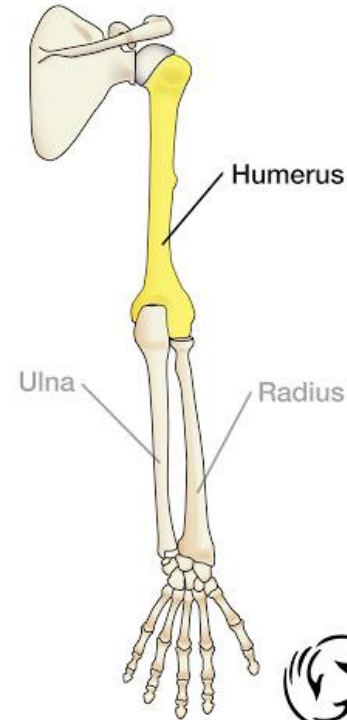
Ulna

Create your own skeleton (part 1)

Grab a piece of paper and a pencil and see if you can copy this image.

Make sure you label the different bones.

Feel free to color your drawing.



Discussion question #1

How did the bones in your arms help you complete this activity?



Discussion question #2

How many humerus bones does a skeleton have?



Today's Self Check: Go share your findings.



- 1. Find an adult and ask them if they can name the bones in the arm.**
- 2. Now show them your drawing. Be sure to save your drawing so you can build your own skeleton.**

More online sources



[Your Super Skeleton](#)

[The Skeletal System \(Bones\)](#)