



PE/Health Virtual Learning

6th Grade/ Systems of the Body
Skeletal System

April 29th, 2020



6th Grade/PE
Lesson: April 29th, 2020

Objective/Learning Target:
To learn about the skeletal system.
LT-1 I can identify different body systems



Essential Question

What is the skeletal system?



Warm-Ups

Let's Get Started:

Warm-Ups-Tabata Exercises-Repeat cycle 2 times

1. 20 seconds of push ups--[Push Up Example](#)
2. 10 second break
3. 20 seconds of tuck jumps--[Tuck Jump Example](#)
4. 10 second break
5. 20 seconds of line jumps-[Line Jump Example](#)
6. 10 second break
7. 20 seconds of bicycle crunches--[Bicycle Crunches Example](#)



Skeletal System Video:

As you watch the video, follow along with the instructor to understand the components and functions of the skeletal system.

1) [Skeletal System](#)



Self Assessment

Answer these reflection questions on a piece of paper.

- 1) Name 2 types of skeletal systems?
- 2) What are 2 of the 5 functions of the skeletal system?
- 3) What are the 2 main parts of the skeleton?
- 4) How many general types of sockets are there?
- 5) What makes bone live?