

ANATOMY FOR KIDS WARM UP FOR AGES 3 TO 7

ADAPT LANGUAGE TO SUIT AGE GROUP!

Lesson plan: Start with some movement work e.g forward rolls, cartwheels, walking on all fours.

All of these get kids to make different shapes with their bodies. For each shape, students are encouraged to think about the bones and the muscles and joints that hold the bones together. Bones are hard and structural, supporting the body, meeting at joints which connect the ligaments. Ask them to think about how their muscle move their joints, as they move can they feel which muscles are working? Explain how muscles work in pairs to move the bones. Students can feel and see the concepts working in their bodies.

Lying on floor curl into a ball to make a round shape or twist their bodies to make a spiral. Ask the kids to think about a snake, how a snake can twist it's spine in any direction. Explain that humans can't our spines are made of hard bone and soft discs and that all movement comes from compression of these discs so we have a limited range of movement, snakes have many more vertebrae and softer bones.

Get them to try and stand up from floor with out bending their legs like a giraffe. Explain how the knee works like a hinge bending only forwards and back. Ask them which other joints in their bodies work like that (elbows). Ask them to use their arms like wings (warming up arms) ask them to explore the different directions they can pint with their arms. Explain about ball and socket joints of shoulder and hip and their range of movement. Get them to explore this again thinking about how the muscles support movement. Explain how joints can be fragile if moved in poor alignment.

Sometimes it is useful to use a skeleton model to teach the students the names of the body parts and bones involved in their movements.