

**Project FOCUS
Best Lessons
FIRST GRADE**

Title of Lesson: The Great Body Shop (Respiration)

Theme:

Unit Number: **Unit Title:**

Performance Standard(s) Covered (enter codes):

Respiration

Pink means healthy lungs

Black means "sick" lungs

Clean air and dirty air

Enduring Standards (objectives of activity):

Habits of Mind

- Asks questions
- Uses numbers to quantify
- Works in a group
- Uses tools to measure and view
- Looks at how parts of things are needed
- Describes and compares using physical attributes
- Observes using senses
- Draws and describes observations

Content (key terms and topics covered):

Respiration, clean/dirty air, and how the body uses oxygen

Learning Activity (Description in Steps)

Abstract (limit 100 characters): Students learn how the body takes in air through the mouth and nose to help them breathe.

Details: First, read the Great Body Shop workbook out loud to the class and have them help you read at times. Allow the students to take a few minutes to answer the questions and color the lungs in as you go through the workbook. Once the workbook is complete ask basic questions to make sure they understand the material, such as do you want your lungs to be pink or black? Have the students tell you examples that involve "dirty" air and have them give you examples of "clean" air. As an activity I had a friend of mine bring in lungs from the St. Mary's collection, which could be checked out for a few hours possibly. If the lungs can not be checked out have the students separate into three sections so that they can work together to illustrate the work that the lungs do. Label one group as the lungs, one group as "clean" air and the third group as "dirty" air. The students that are the lungs need to stand in two circles and hold hands with a small opening for the clean and dirty air to escape in each circle. The students in the circle need to illustrate breathing in by stepping out and breathing out by stepping in. The group that is the "clean" air need to stand on the outside of the circle and the "dirty" air needs to stand on the inside of the circle. As the circle moves in and out have the clean and dirty air go in and out of the lungs demonstrating how lungs function during respiration.

Materials Needed (Type and Quantity):

Notes and Tips (suggested changes, alternative methods, cautions):

Sources/References:

- 1) The Great Body Shop**
- 2)**
- 3)**