

University of Nebraska - Lincoln

DigitalCommons@University of Nebraska - Lincoln

Honors Expanded Learning Clubs

Honors Program

Fall 2021

Ott, Megan and Joycin Stonacek. "Physiology for Kids Club." After-school club lesson plans. University of Nebraska, 2021.

Megan Ott

Joycin Stonacek

Follow this and additional works at: <https://digitalcommons.unl.edu/honorshelc>



Part of the [Higher Education Commons](#)

Ott, Megan and Stonacek, Joycin, "Ott, Megan and Joycin Stonacek. "Physiology for Kids Club." After-school club lesson plans. University of Nebraska, 2021." (2021). *Honors Expanded Learning Clubs*. 87. <https://digitalcommons.unl.edu/honorshelc/87>

This Portfolio is brought to you for free and open access by the Honors Program at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Honors Expanded Learning Clubs by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

NEBRASKA HONORS PROGRAM
CLC EXPANDED LEARNING OPPORTUNITY CLUBS
INFORMATION SHEET

Name of Club: Physiology for Kids

Age/Grade Level: 3rd – 5th grade

Number of Attendees: (ideal number)

Goal of the Club: (learning objectives/outcomes)

The goal of this club is to teach kids about the basic functions of their body, educating them about different organ systems and their functions. An overall objective is to teach them how to treat their body with respect by eating nutrients to fuel it, and recognizing processes that occur within them.

Resources: (Information for club provided by)

BIOS 213 (Human Physiology)

Content Areas: (check all that apply)

- Arts (Visual, Music, Theater & Performance)
- Literacy
- STEM (Science, Technology, Engineering & Math)
- Social Studies
- Wellness (Physical Education, Health, Nutrition & Character Education)

Outputs or final products: (Does the club have a final product/project to showcase to community?)

No.

Introducing your Club/Activities:

Every day, we start with an ice breaker that has something to do with what we will be learning, then we ask the kids questions about what things in specific they'd like to know. We orally present a short informational lecture to answer all of the questions. Afterwards, we do an interactive activity.

General Directions:

Keep your hands to yourself and your own things, raise your hand when you have a question, respect others and yourself.

Tips/Tricks:

Behavior management includes creating a seating chart, sitting on the floor, and creating interactive lessons.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Your body and You

Name:

Length of Activity: 45 minutes

Supplies: Power point

Directions:

Establish ground rules, everyone introduces themselves, respect others when talking. We introduced the human body and explained what physiology is, and what we will be learning throughout the semester. We explained the organizational units of the body, from cells, to tissues, to organs, to organ systems, to the body as a whole.

Conclusion of the activity:

The students understood the foundational concepts of physiology, including what it entailed and the building blocks of the body.

Parts of activity that worked:

Creating interactive, question-based lecture

Parts of activity that did not work:

Students interrupting each other

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Organs and Organ Systems Part 1

Name:

Length of Activity: 45 minutes

Supplies: Powerpoint

Directions:

We presented a video and PowerPoint over the different organ systems of our bodies and took turns describing different things we do in every day life that utilizes such systems.

Conclusion of the activity:

Students were able to apply organ systems to every-day activities and understood the basic functions of each system.

Parts of activity that worked:

Asking the students to generate activities and actions that use different systems, using interactive engagement.

Parts of activity that did not work:

Students began to get restless towards the end of the powerpoint.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Organs and Organ Systems Part 2

Name:

Length of Activity: 45 minutes

Supplies: Long, wide paper, colored pencils

Directions:

Students paired up and traced each other's bodies on white paper. Students then used colored pencils to draw in each organ system in the correct anatomical position.

Conclusion of the activity:

Students could actively apply the location of organ systems to their own outlined body and visualize the internal body.

Parts of activity that worked:

Allowing them to be creative with color and artistic activity.

Parts of activity that did not work:

Tracing was difficult to do on carpet, and we did not have enough space.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity The 5 senses

Name:

Length of Activity: 45 minutes

Supplies: Powerpoint

Directions:

Students watched a video and listened to a powerpoint about the 5 different senses, including parts of the brain that process them.

Conclusion of the activity:

Students had a general understanding of the exact function of the 5 senses and how they are interpreted by our brain

Parts of activity that worked:

Students enjoyed the video

Parts of activity that did not work:

Attention waned towards the end. Information overload.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Name: Sight part 1

Length of Activity: 45 minutes

Supplies: Tape, eye sight chart

Directions:

Students learned about various structures of the eye and how sight is processed by our brain. Students learned fun facts about sight. Students then learned how glasses perscriptions were determined and why glasses help people to see. We then had each student test their own sight with various distances of reading the eye chart.

Conclusion of the activity:

Students understood how the eye works as well as how glasses help to correct vision

Parts of activity that worked:

Students liked the interactive activities and how applicable it was, especially if they had glasses

Parts of activity that did not work:

Students got impatient when it wasn' their turn to test their eyesight

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Name: Taste

Length of Activity: 45 minutes

Supplies: Lemon juice, chocolate chips, sugar, salt, cups, water, blindfold

Directions:

Students learned about the 5 modalities of taste, as well as how taste buds work to process the taste of what we eat. Students then did a blind taste test of the 5 different types of taste.

Conclusion of the activity:

Students learned the 5 different tastes we process and how that happens

Parts of activity that worked:

Students liked the part of testing each taste

Parts of activity that did not work:

It got a little chaotic when getting the different tastes ready

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Name: Spooky, Scary, Skeleton (done right before Halloween)

Length of Activity: 45 minutes

Supplies: Candy

Directions:

Students learned about how bones form, how many we have, and the names of a few common ones in our body and where they're located. Students could then earn candy by answering questions correctly.

Conclusion of the activity:

Students knew fun facts about the skeleton. Students also created a song about the skeleton.

Parts of activity that worked:

Students were really engaged with the material as they loved the fun facts

Parts of activity that did not work:

Trying to play music with no projector was difficult

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Let's Move

Name:

Length of Activity: 45 minutes

Supplies: gym

Directions:

Students learned about muscles and how they work, as well as the location of major groups. Students then got to use their muscles playing color tag.

Conclusion of the activity:

Students understood how muscles contract to help us move

Parts of activity that worked:

Students liked the activity of running

Parts of activity that did not work:

Being in a new environment led to lack of focus for the informative part

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Name: Pump it up

Length of Activity: 45 minutes

Supplies: Gym

Directions:

Students learned about the heart, the 4 chambers, the flow of blood, and how to take pulse to measure heart rates. Students predicted how light to moderate exercise would affect their heart rate.

Conclusion of the activity:

Students took their heart rate sitting down, after walking for 5 minutes, and after playing a running game. They saw the correlation of how increasing activity increases heart rate.

Parts of activity that worked:

Students loved to take their pulse and where to take it

Parts of activity that did not work:

Some students lost count or couldn't find their pulse

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Digestion

Name:

Length of Activity: 45 minutes

Supplies:

Directions:

Students learned about how different foods were digested to their most basic components.
Students learned about the pathway food takes through our body.

Conclusion of the activity:

Students learned fun facts about digestion to tell their family at thanksgiving.

Parts of activity that worked:

Students were engaged with the pathway food takes and how we digest

Parts of activity that did not work:

Students learned fun facts about digestion to tell their family at thanksgiving.
