THE NOTION OF MUSCLE MOTION

Objective:
Students will recite the Notion of Muscle Motion Poem.

Explanation:
Muscles are used to produce movement. The Notion of Muscle Motion will help students learn nine major muscles by name and location.

Directions:
1. Students are in scatter formation with the teacher in front so that all students can see the teacher.
2. The teacher recites the poem while pointing slowly to the different muscles.
3. Repeat several times.
4. This activity can be used as the beginning of a warm-up or when students line up to leave.

Assessment:
At the end of class teacher calls out a name of a muscle while students point to it.

- Biceps, biceps bend the arm,
- Triceps, triceps straighten the arm,
- Pectorals Yes! I can push away harm!
- Deltoids, deltoids push to the sky,
- Latissimus dorsi can help me climb high,
- Hamstrings, gluteals, stand me up tall,
- Quadriceps, quadriceps kick the ball,
- Abdominals protect the intestinal wall!

Fun and easy!