


- Display *HTC 5*.
- Have **Anatomy Worksheet 1** ready.

Note: Anatomy Worksheets are in *Developing Good Health Quizzes, Tests, and Worksheets*. Answers for each worksheet are in the Quiz, Test, and Worksheet Key.

-  ckbd/paper:

<i>spinal column</i>	<i>cranium</i>
<i>vertebrae</i>	<i>facial bones</i>
<i>vertebra</i>	<i>carpals</i>
<i>rib cage</i>	<i>metacarpals</i>
<i>sternum</i>	<i>phalanges</i>
<i>clavicle</i>	<i>tarsals</i>
<i>scapula</i>	<i>metatarsals</i>
<i>skull</i>	


Procedure

1. Review

- Review facts from previous lesson using Quick Checkup (QC) questions and Further Review questions.
- Review *HTC 5*.

Note: Plan to begin each class with a 3–5 minute review of the previous lesson in the current chapter.

2. Oral Reading/Discussion

-  Read/discuss vocab words.
- Read/discuss “Designer Bones,” pp. 6–8; emphasize purpose/location of each bone. Refer to *HTC 5* as you discuss each one.

*Hint: You steer a **car** with your **carpals** and **metacarpals**.*

*Hint: You walk on the **tar** with your **tarsals** and **metatarsals**.*

3. Quick Checkup

Have child read/answer each question aloud on p. 8.

4. Your Amazing Body

Complete activity on p. 9 together.

5. Oral Reading/Discussion

- Read/discuss “Nutrients Your Body Needs,” pp. 10–11. It is not necessary to read the entire chart. Explain how to use it. Ask questions that will lead students to certain sections of the chart.

6. Further Review

- What do we call the tough tissue between your bones? *cartilage*
- Give three names for the bones that are your body’s main support. *backbone, spinal column, vertebrae*
- What is the name for each bone of the adult spinal column? *vertebra*
- What protects your brain, ears, and eyes? *skull*
- What makes up the lower half of your skull? *facial bones*

7. Anatomy Worksheet 1


Have child begin worksheet.

Homework (Hmwk): Reread pp. 2–11. Complete Chapter 1 Checkup Section B, p. 20, on notebook paper. Finish **Anatomy Worksheet 1**.

Ch. 1 Your Body’s Framework,

pp. 12–14

Preparation

- Study: pp. 12–14/Procedure
- Display *HTC 6*.
-  ckbd/paper:

<i>posture</i>	<i>habit</i>
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Procedure

1. Review

- Check Hmwk:
 - Have child take out Hmwk to check answers for accuracy. Check for complete/neat work.
 - Child will need to study Anatomy Worksheet 1 for Test 1. Encourage him to keep all of his completed worksheets together so that he can easily find them when it is time to study for a test.
 - Review *HTC 6*.

2. Oral Reading/Discussion

-  Read/discuss vocab words.