

**Pupils are in third class. I have to teach about what are muscles, how do they work and how they connect with bones, etc. Pupils should also try how practically muscles work and how it is linked to bone. Create therefore a full plan and lesson.**

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Lesson plan:

Objectives:

- To introduce pupils to what muscles are and how they are connected to bones.
- To teach pupils how muscles work and how it relates to bones.
- To allow pupils to practically experience the relationship between muscles and bones.

Materials:

- Handouts that explain muscles, bones, and how they work and connect
- Exercise mats (optional)

Procedure:

- Introduction: Explain what muscles are and their purpose (5 minutes)
- Explanation: Explain how muscles work and how they relate to bones (10 minutes)
- Practice: Demonstrate a couple of moves/exercises involving muscles and bones, then have pupils attempt the same (15 minutes)
- Discussion: Follow up with a class discussion about what they experienced and what they learned (5 minutes)
- Reflection: Have pupils write or draw a reflection about what they have learned (10 minutes)
- Conclusion: Wrap up the lesson with a final discussion about muscles and bones (5 minutes)

Assessment:

- Handouts and teacher assessment for content covered during the lesson.
- Require participation in the practice and the reflection.
- Have the pupils answer comprehension questions at the end of the lesson to

assess knowledge retention.