

**LESSON PLAN**  
**CLASS 5      SUBJECT -EVS**

**TOPIC- L-2 Bones And Muscles**

**BRIEF DESCRIPTION** : The lesson gives information about bones and muscles and their functions, structure, skeletal system, Joints and their functions.

**OBJECTIVES:**

**I- Specific Objectives-**

**To enable the students to –**

**SP3.1-**To know about the skeletal system of the human body **K**

**SP3.2-**to learn about joints, their types and their importance **K**

**SP3.3** To learn about the muscles of body, location and functions **K**

**SP3.4** Importance of all body parts in the proper functioning of body. **U**

**SP3.5** Learn importance of skeletal system of the body. **AP**

**II- Behavioural Objectives**

**To enable the students to-**

**B3.1-** to be aware of the importance of body parts in overall working of human body; **K**

**B3.2-** learn the functions of bones, muscles and their functions. **U**

**PROCESS/ACTIVITIES –**

**ACT 1-**Students will be asked to find out the joints in their body and name them. **Sp3.1**

**ACT 2-** Calcium and Vitamin D help in bone development. Find the relationship between calcium and Vitamin D with the help of internet and other sources. **Sp3.2**

**ASSESSMENT:**

A1- Worksheet will be taken.

A2- Pen-Paper Test will be taken

**Digital content to be used: (Reference video)**

[\(154\) Bones | The Dr. Binocs Show | Learn Videos For Kids - YouTube](#)

Skeletal system of body

**EXPECTED LEARNING OUTCOMES:-**

Students will learn about skeletal system and its importance in our body.

**Placement of objective, Instructional Activities and Assessment**

Topic/Duration/ Assessment						
Topic: Parts of Our Body						
	Knowledge	Understanding	Application	Analysis	Synthesis	Evaluation
Objectives	SP3.1 SP3.2 SP3.3  B3.1 B3.3	SP3.4  B3.2	SP3.5   B3.4			
Instructional Activities	ACT 1 ACT2					
Assessment		A 1 A 2				