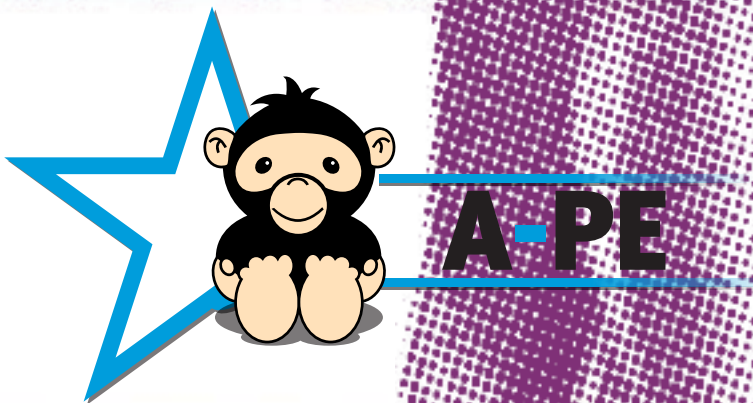


A Healthy Active Lifestyle and Your Muscular System

Label You





Label You



Task Instructions (You will need 20 sticky labels per pair)

1. Students are divided into pairs.
2. On the sticky labels provided they should write one muscle per sticky label with/without the help of their notes. Set a reasonable time for this.
3. Once that time has finished remove all notes.
4. The second part of the task is to stick the labels onto one person in the pair where they think the muscles are located.
5. The winning pair are the ones with all the labels stuck in the correct place.
6. Completed pairs are then in charge of checking the labels of the other students in the class.

Variations/Extensions

1. Instead of checking other groups, completed pairs should write the movements created when that muscle contracts. They can then show the class at the end of the task.
2. For less mess, stick onto diagrams.

The Learning

1. This activity appeals to kinesthetic learners and wakes the class up.
2. Learning pathways in the brain are reinforced and ingrained between body and mind.
3. Students make real-life connections between the theory and body.