

Major Muscle Song

Summary

Students will learn the major muscles of the body through song.

Main Core Tie

Health Education - 4th Grade

[Strand 6: HUMAN DEVELOPMENT \(HD\) Standard 4.HD.1:](#)

Group Size

Individual

Life Skills

Communication, Social & Civic Responsibility

Materials

Body diagram of the major muscle groups:

- Trapezius
- Deltoids
- Biceps
- Triceps
- Pectorals
- Abdomen
- Latissimus dorsi
- Gluteus Maximus
- Hamstrings
- Quadriceps
- Calves

Intended Learning Outcomes

Students will know the major muscle groups of the body. They will be able to explain what muscles they are using when exercising.

Instructional Procedures

Instructor will go over the body diagram of the major muscles pointing out each muscle group.

Students will then repeat the name and point out the muscle as teacher directs.

Instructor will then sing song to students, after which, students will learn the song verse by verse.

For eight weeks, the major muscle song will be practiced and sung at the beginning of each class period. At the end of eight weeks, students will be tested on the major muscles groups.

The song is sung to the tune of, "Oh My Darling, Clementine."

"Neck trapezius, shoulders deltoids, upper arm, biceps, triceps, below the pectorals, are the abdomens, in the back, Latissimus dorsi. first the hamstrings, then the quadriceps, and the calves below the knee, sat too long in my classroom, now my gluteus maximus is hurting me!"

Extensions

Divide the class into two groups. Have both groups compete against the other on who can sing the song the loudest.

Assessment Plan

Print each muscle group on wordstrips. Divide the class in pairs. One student will stand still while the other student puts wordstrips on appropriate muscle area. Each student will have a turn to test his/her knowledge of each muscle group.

Bibliography

Brown, Brittany, Interview, Hurricane, Utah: August 22, 2006

Sanders, Joyce, Hurricane, Utah: August 22, 2006

Authors

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