The following health lessons helps students work to improve age-appropriate physical fitness, and demonstrate motor skills required for individual and team activities. Students will be able to create a visual representation of the human body and recognize the difference between the ways animals move compared to the ways humans move. Students will also learn about and participate in a circle dance and song to help develop knowledge of their body parts. This lesson integrated health with physical education, music, and art. This is a great lesson to integrate many subjects and keep the students active and learning.

Grade: K-I
Time: 35 minutes

Materials:
- Large paper Markers/Crayons
- Animal Pictures

Pronged Focus:
Physical Education
- Body movement with the human body.
- Music- Circle Dance
- Art- Recognizing and drawing the human body

Student Objectives:
Students will
1. Create a visual representation of the human body.
2. Recognize the difference between the ways animals move compared to the way humans move.
3. Learn about and participate in a circle dance.
4. Develop knowledge of their body parts.

Teaching Procedure:
Introduction
1. Introduce body parts.
Sing "Head, Shoulders, Knees, and Toes." (5 minutes)
Development
1. Get into groups of three and have one person lay flat on a large piece of paper and the other two will trace them. Once the body is drawn out the group members will draw pictures on the main body parts (head, arms, hands, fingers, feet, toes, and legs). The pictures can be of ways that they use those parts. (15 minutes)
2. With pictures of different animals (bird, monkey, snake, elephant, rabbit, and frog) they will pantomime how the animals move their similar body parts. (5 minutes)
3. Learn a circle dance that helps to show the different parts of the body. They will move around showing the different parts. (7-10 minutes) Conclusion
4. The students will present their picture of the human body. Each student will tell about a part that they drew on the picture.

Assessment:
Assessing the students would have to be done through observations that the teacher makes. A checklist of their participation, knowledge of material, fine motor skills, and group work would be the criteria that they would need to meet to move on.