Lesson Plan Title:  Muscles of the Upper Extremity  
Standards Addressed:  SC.F.1.4.2 SC.F.1.4.6 SC.F.1.4.7

Essential Question:
Identify the major muscles of the upper extremity and their function.

Required Materials:  Hole’s Human Anatomy and Physiology, bell activity transparency, Muscles of the Upper Extremity Worksheet and Lab, manikins or small skeletons that can be purchased for Halloween, and modeling clay, and exit tickets.

Specific Objectives:
Identify the major muscles of the upper extremity and their function.

Bell Activity:  Muscles of the Trunk

Step-By-Step Procedures:
Students will complete the bell activity.
Teacher will lead a discussion of the bell activity.
Using pictures in the text pages 305-310, students will use modeling clay and follow the instructions for the lab to build muscles of the lower extremity on the manikin or skeleton.
Teacher will check models

Independent Practice/Homework:  Students will complete the diagrams and questions on the worksheet.

Closure (Ending Review):  Students submit an exit ticket naming the muscle that flexes the elbow.

Assessment Based On Objectives:
Objectives assessed by bell activity, chapter test, class participation, worksheet, and exit tickets.

Modifications (For Students with Learning Disabilities):
Increased time, seated in the front of the classroom, and oral and written directions.
**MUSCLE LAB UPPER EXTREMITY**

1. Place a piece of white paper on top of the lab table to reduce clean up.
2. Break off a piece of modeling clay and knead it until it is soft.
3. Begin with the biceps brachii muscle on the anterior surface of the arm. Roll out two cylinders and mesh them together on one end. Place one of the two heads on the scapula and one near the head of the humerus. Place the other end on the proximal end of the radius. Flatten the belly of the muscle.
4. Next build the triceps brachii on the posterior surface. It has three heads so make three cylinders and mesh them together on one end. One head originates on the scapula and the other two on the humerus. The insertion is the olecranon process of the ulna.
5. Now make the fan shaped deltoid muscle by rolling out a ball and then flattening it with the roller. This muscle originates on the spine of the scapula and the clavicle and inserts on the deltoid tuberosity of the humerus.
6. To make the flexor carpi ulnaris roll out a cylinder and then attach one end to the distal of the humerus and the other to the fifth metacarpal (little finger.)
7. Lastly, build the flexor digitorum by making a cylinder that has four branches at one end. The origin of this muscle is the humerus and the insertion is the second to fifth fingers.
8. Build any three muscles that we discussed in the head, thorax, or back.
9. Clean all instruments and the manikin with alcohol.
10. Put instruments and clay away and throw out the trash.
MUSCLES OF THE UPPER EXTREMITY WORKSHEET

Add 167 168 and appropriate questions from the lab manual