

***Dry Bones Connected Lesson Plan***  
Learning Major Bones of the Body  
Grades 2-3

Objective:

To identify and locate the major bones in the body and gain a basic understanding of how they connect to each other

1. The students will learn the song Dry Bones Connected and use the song lyrics to identify and learn the names of major bones in the body, both the common name and the scientific name.
2. Students will review and label main bones on skeleton handout. Bones identified include skull (cranium), jaw, clavicle, sternum, rib cage, rib, spine, humerus, radius, ulna, pelvis, carpals, metacarpals, phalanges, femur, patella, fibula, tibia, tarsals, and metatarsals.

Materials:

1. Dem Bones song lyrics
2. Human skeleton diagram with bones labeled

Skeleton Function:

1. Framework for our muscles and internal organs
2. Provides a firm surface for muscles to attach to
3. Protects our internal organs

Introduction:

Q-Have you ever seen a house being built?

A-yes or no

Q-What part of the house do they build first?

A-frame

Q-What does the frame of the house do?

A-It gives the house shape and support.

Q-What is the frame of the human body?

A-The skeleton.

That's right! The skeleton is the frame of the human body. It not only gives our body shape and support, but it also protects our insides.

Activity 1 – Starting at the skull, point to and name different bones in the body. Tell what the common name of each bone is and its scientific name.

Activity 2 – Listen to the song, *Dem Bones*. Then, pass out the song lyrics with bone names marked in red. Play the song again and instruct the students to follow along as they note the bone names marked in red.

Activity 3 – Pass out Skeleton Diagram sheets with bones named and identified. Then, pass out unmarked Skeleton Diagram Sheets and have students fill in the name of each bone identified.

### **Major bones and Their Function**

#### Skull

- Made of upper skull (cranium-8 plates) and jaw bone
- Protects the brain, eyes, ears, and nose
- Connected to the top of the spine

#### Spine

- 33 linked bones (vertebrate) that get larger as they go down
- separated by disks of cartilage (shock absorbers)
- helps to keep you upright
- tunnel runs down middle (spinal cord-sends messages from brain to body)

#### Rib Cage

- 12 pairs of ribs; one pair are "floating"
- back-link to vertebrae
- front-link to sternum (all but 2 "floating ribs")
- protects heart, lungs, and other internal organs

#### Arms & Hands

- clavicle, shoulder blade
- upper arm (humerus)
- lower arm (radius, ulna-longer)
- 27 bones in wrist and hands (carpals, metacarpals, phalanges)

#### Pelvis

- made of 5 fused vertebrae and hip bones

#### Legs

- connected to pelvis
- upper leg (femur)
- kneecap (patella)
- lower leg (tibia-shinbone, fibula)
- 26 bones in the feet (tarsals, metatarsals, phalanges)

## Learning the Names of Bones

INSTRUCTIONS: Follow the lyrics of the song, *Dry Bones Connected*. Look at the red text in parentheses next to the common name of each bone. The red text is the scientific name of each bone.

### *Dry Bones Connected*

It's time that we connected 'dem dry bones,  
It's time that we connected 'dem dry bones,  
It's time that we connected 'dem dry bones,  
And see the dance of the bones.

The toe bone's (phalanges) connected to the foot bone (metatarsal),  
The foot bone's (metatarsal) connected to the ankle bone (talus),  
The ankle bone's (talus) connected to the leg bones (tibia and fibula),  
The leg bones're (tibia and fibula) connected to the knee bone (patella)  
The knee bone's (patella) connected to the thigh bone (femur),  
The thigh bone's (femur) connected to the hip bone (innominate bone),  
The hip bone's (innominate bone) connected to the back bone (vertebral column),  
The back bone's (vertebral column) connected to the shoulder bone (scapula),  
The shoulder bone's (scapula) connected to the neck bone (vertebral column),  
The neck bone's (vertebral column) connected to the head bone (skull),  
Now see the dance of the bones.

But first you've gotta' add the arm bone (humerus) ,  
Then you've gotta' add the wrist bones (radius and ulna),  
Then you've gotta' add the hand bone (metacarpals),  
Then you've gotta' add the finger bones (phalanges) ,  
Then you've gotta' add the rib bones (rib cage),  
Now see the dance of the bones.

'Dem bones, 'dem bones gonna' hip hop.  
'Dem bones, 'dem bones gonna' bee bop.  
'Dem bones, 'dem bones gonna' flip flop.  
Yeah, see the dance of the bones.

'Dem bones, 'dem bones gonna' break dance.  
'Dem bones, 'dem bones gonna' jive dance.  
'Dem bones, 'dem bones gonna' tap dance.  
Now see the dance of the bones.  
Now see the dance of the bones.  
Yeah, see the dance of the bones.