

Objective

By the end of this lesson, you will be able to understand the structure and function of human ribs.

Materials and Prep

- No additional materials are needed for this lesson.
- Prior knowledge of basic human anatomy would be helpful.

Activities

1. Start by discussing the importance of ribs in the human body. Explain that ribs are bones that form a protective cage around vital organs like the heart and lungs.
2. Ask the student to locate their own ribs by feeling the sides of their chest. Encourage them to count the ribs by gently pressing on each one.
3. Draw a simple diagram of the rib cage on a piece of paper or a whiteboard. Label the ribs from 1 to 12, starting from the top. Explain that the top 7 pairs of ribs are called "true ribs" because they are directly attached to the breastbone, while the bottom 5 pairs are called "false ribs" because they are indirectly attached or not attached at all.
4. Discuss the flexibility of ribs. Ask the student to take a deep breath and observe how the rib cage expands to accommodate the lungs. Explain that ribs are not rigid and can move slightly to allow for breathing.
5. Wrap up the lesson by summarizing the key points about human ribs and their functions.

Third Grade Talking Points

- "Ribs are bones that protect our heart and lungs inside our body."
- "We have 12 pairs of ribs, and they help form a cage around our organs."
- "The top 7 pairs of ribs are called true ribs because they are directly attached to our breastbone."
- "The bottom 5 pairs of ribs are called false ribs because they are indirectly attached or not attached at all."
- "Ribs are flexible and can move slightly to help us breathe."