

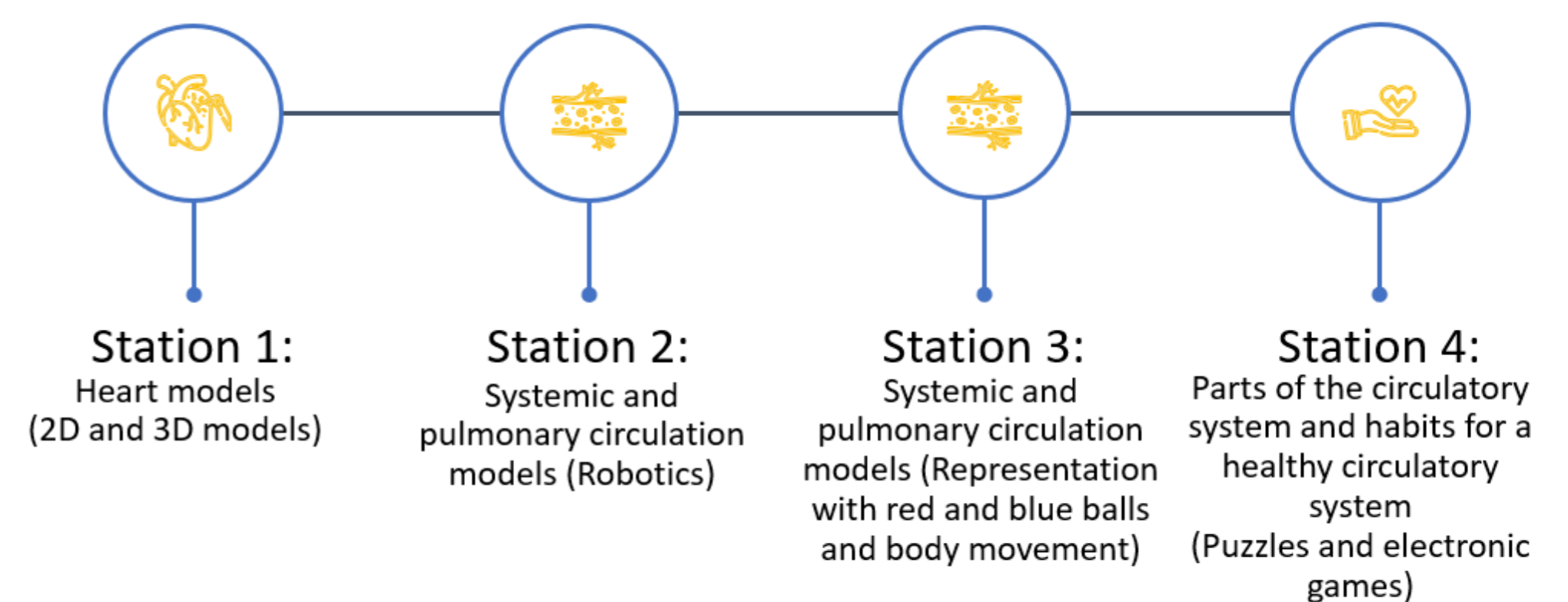
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## «Little cardiologists»

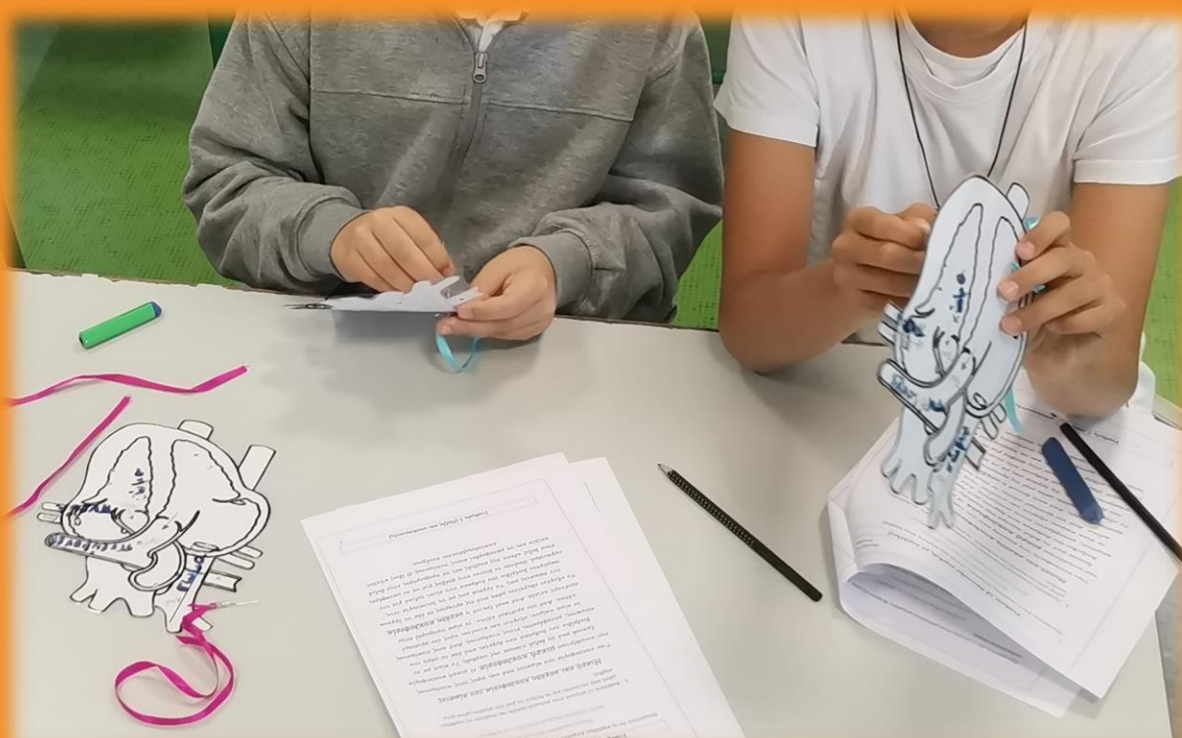
### Embodied learning activities for teaching about the circulatory system

- ❑ **Subject:** Natural Sciences
- ❑ **Unit:** Body and Health/ Circulatory system
- ❑ **Grade:** 5<sup>th</sup> (10-11 years old)
- ❑ **Duration:** 80 minutes
- ❑ **Learning goals:** Students should be able to describe the blood circulation, refer to habits promoting a healthy circulatory system (diet, exercise, avoiding smoking) and explain what the scientific models are

- ❑ **Connection to everyday life:** Adoption of habits that promote health
- ❑ **Pedagogical approach:** Embodied learning
- ❑ **Group work in stations:**



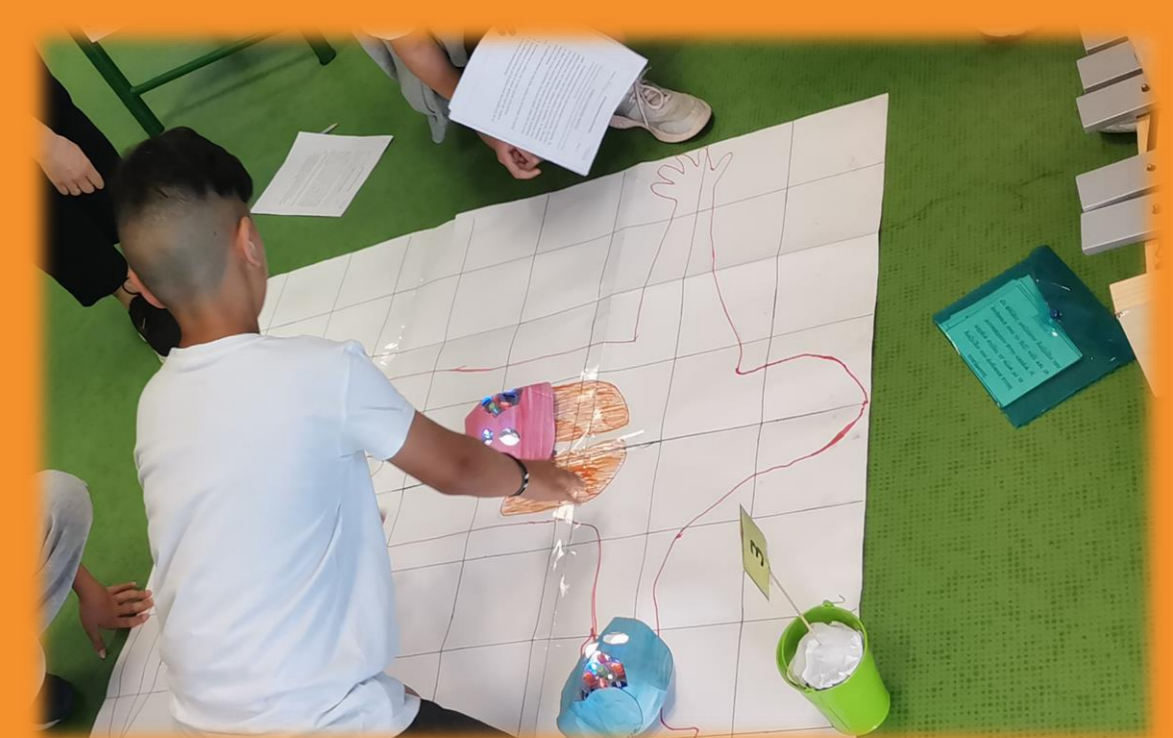
STATION 1



STATION 1



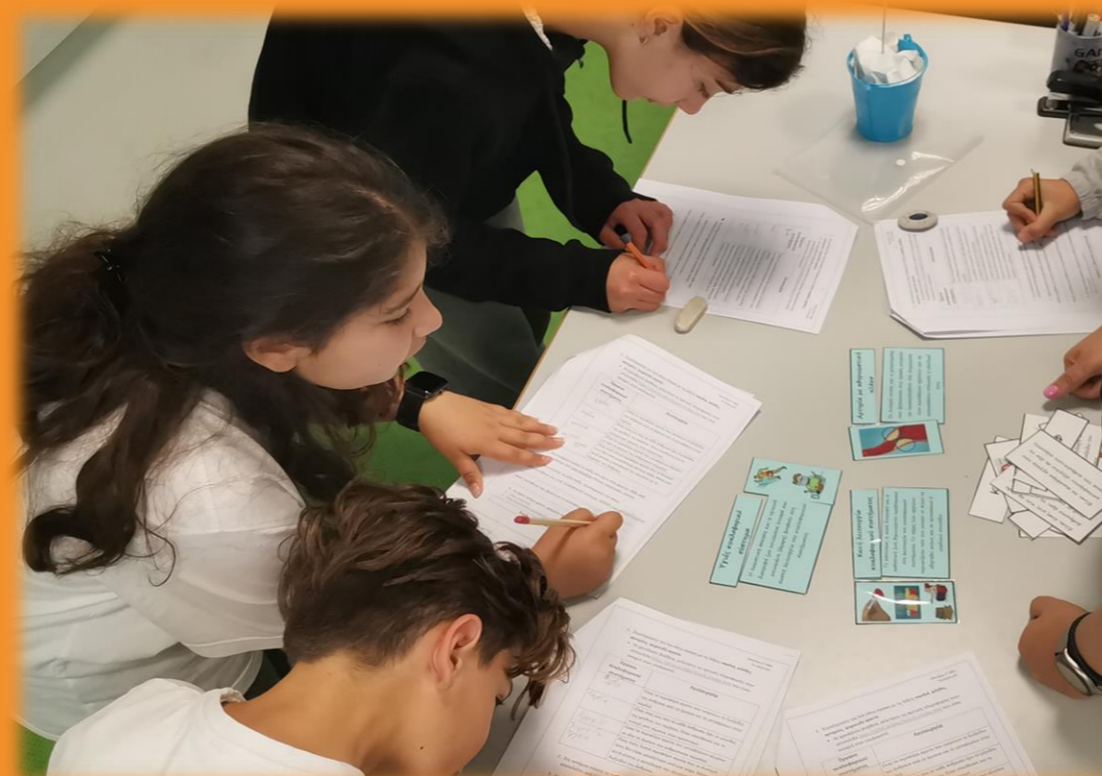
STATION 2



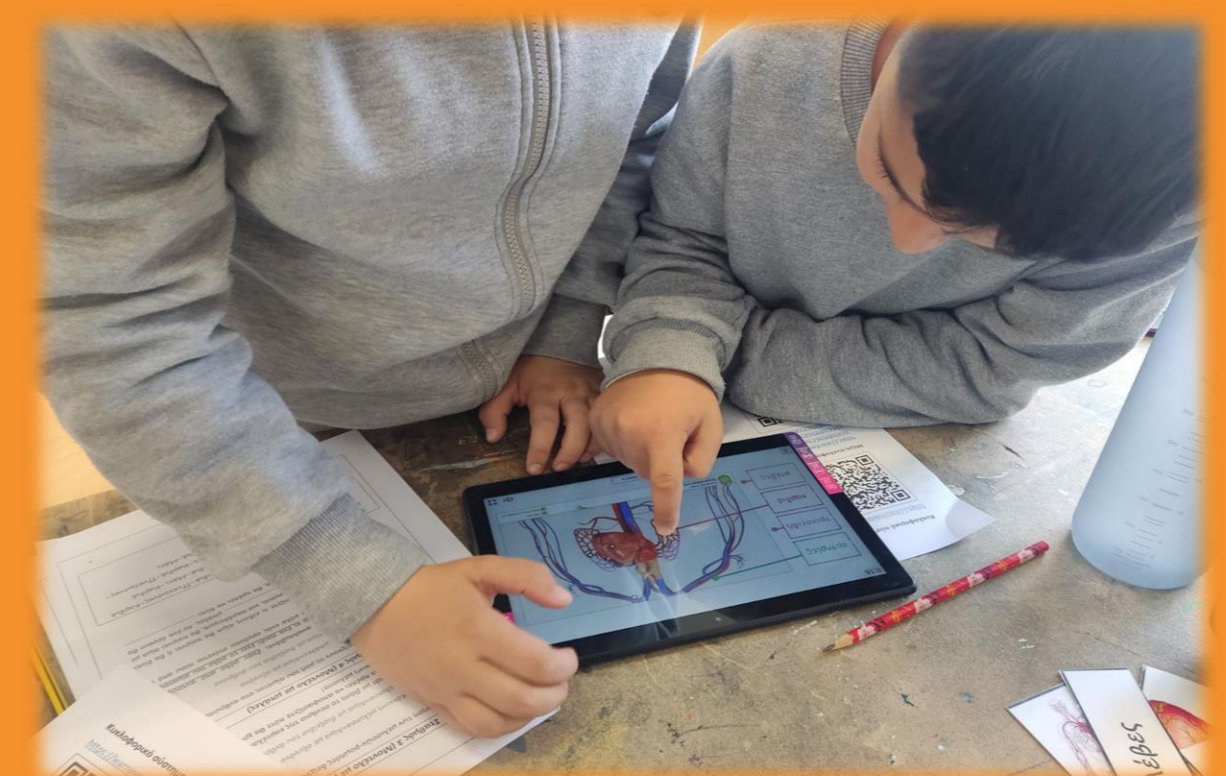
STATION 3



STATION 4



STATION 4



**Embodied learning** promotes inclusive education. It is based on the theory of embodied cognition (Martínez-Monés et al., 2020), according to which, cognitive procedures are based on the interaction of the body with the environment. Thus, the body influence the learning procedures (Kosmas, Ioannou, & Retalis, 2017). Empirical research showed that embodied teaching, has positive learning results (Lindgren et al. 2016).

“Little cardiologists” is a proposal on how to use embodied activities to enhance learning in an inclusive and pleasant learning environment.