**Planes and Positions Lab: Lesson Plan**

*Last updated: 6/14/2023*

**Resources**  
Required resources for students:

* Visible Body Suite
* Planes and Positions Lab Worksheet

Additional resources for students and teachers:

* These Visible Body resources offer an overview of planes and positions, directional terms, and anatomical terminology. These resources can be offered as a refresher for students or a guide for the following activities:

<https://www.visiblebody.com/blog/anatomy-and-physiology-anatomical-planes-and-cavities>

<https://www.visiblebody.com/hubfs/Assets%20for%20Workflows/MP%20workflow/VisibleBody_Planes%20and%20Positions_071917.pdf>

**Objectives**

By the end of this lesson students should be able to:

1. Identify and understand the importance of anatomical position.

2. Identify different anatomical planes using cross sectional views.

3. Understand different directional terms as they relate to different structures.

4. Understand the difference between supine and prone.

**Introduction**  
10 minutes: Give students a brief review of the different anatomical terminology they have previously learned. You may also use additional resources from Visible Body in the links provided above. After your review, tell the students (on their own or in groups) to use the worksheet and Visible Body Suite to answer the questions on the worksheet.

**Activity**  
45 minutes: Students complete worksheet. See last page for answer key.