

Explore the Human Body



Name: _____

Circulatory System

Hypothesize. What is the largest muscle in the body?

Hypothesize. What does the heart do?

Hypothesize. How does the heart work?

Activity.

Find your resting pulse. Record how many times you feel your pulse in 10 seconds.
Do 20 jumping jacks. Record how many times you feel your pulse in 10 seconds.

Resting Pulse	Pulse after Activity

Think. What did you notice about these two readings? Why do you think this happened?

What have you learned about the circulatory system today?

Respiratory System

Hypothesize. How do we get the oxygen we use?

What organs help us to breath?

Activity.

Blow into a balloon. Only blow one full breath of air. Measure the circumference of the balloon with a string. Record.

Circumference of Balloon	
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What does the balloon signify? How?

What did you learn about the respiratory system today?

Digestive System

Hypothesize. How do we get the energy we need to survive? Give at least two answers.

List the different organs that make up the digestive system?

Activity.

Pour one cup of orange juice into a sandwich bag. Place 5 crackers into the bag. Zip the bag up. Take turns squishing the bag until all of the crackers are broken.

What did you notice about the mixture?

What organ is the bag simulating? What are the similarities?

What did you learn about the digestive system today?

Nervous System

How does your body know what, when, and how to do things?

Activity.

Line up. Number yourselves off. Number 1 is the brain. Everyone else picks an activity to do (clap once, jump once, strike a pose). The brain will walk down the line. When you are tapped by the brain do your activity.

Allow time for every student in your group to have a turn to be the brain.

What did you learn about the nervous system today?
