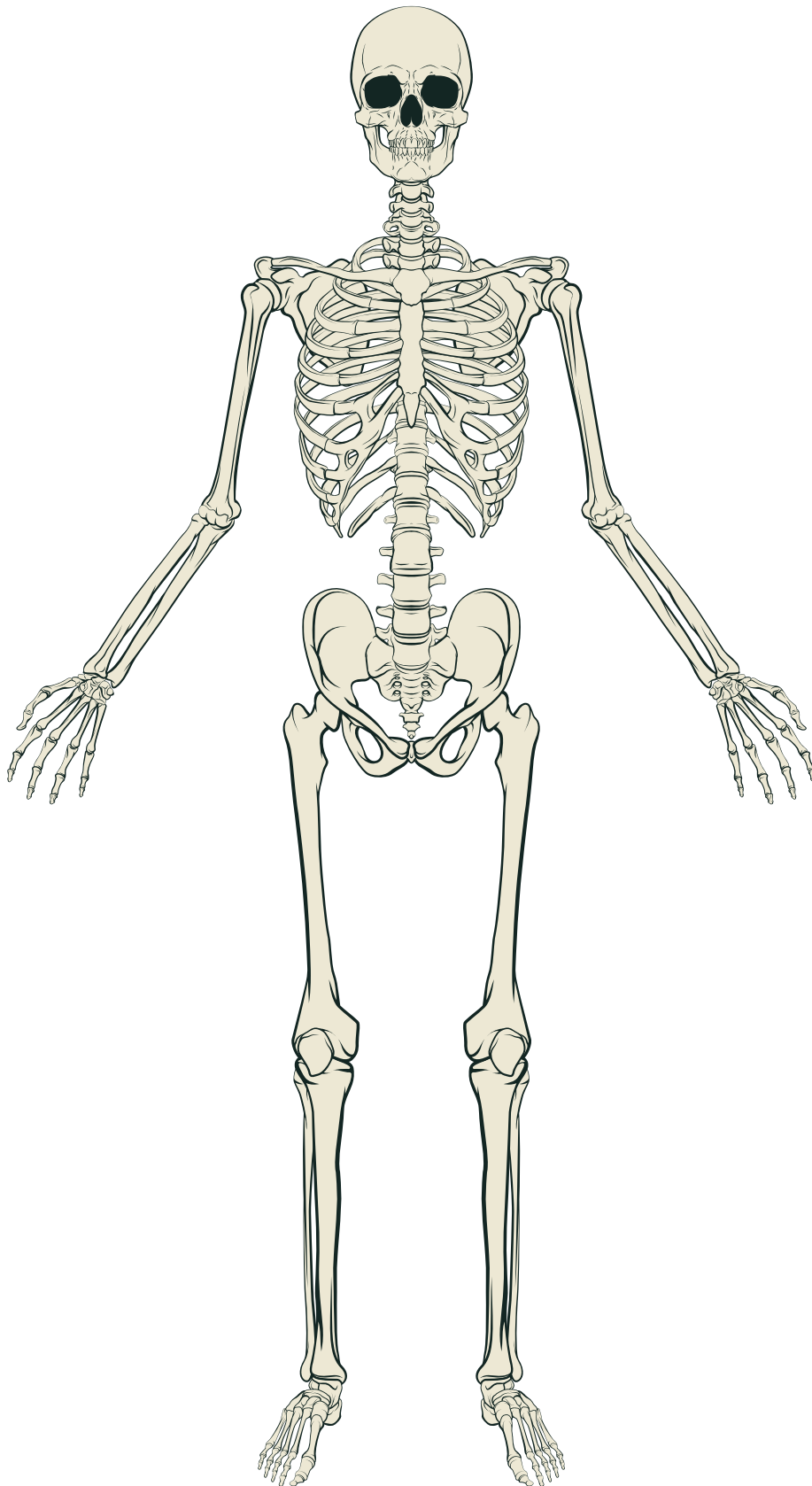


Who Am I?

Use the words to help you label your skeleton.



sternum

fibula

femur

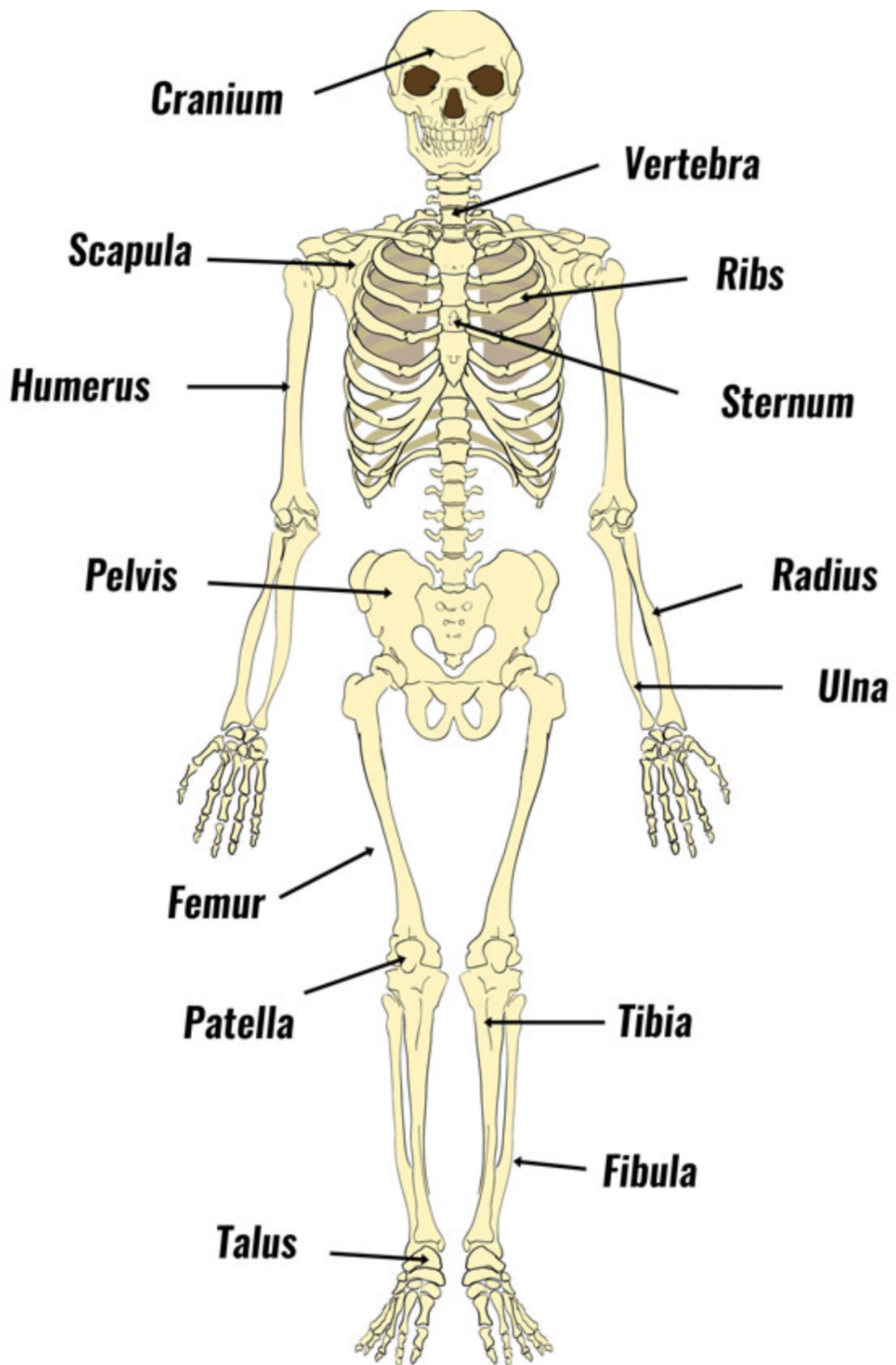
spine

ribs

humerus

pelvis

skull



My Muscles

Write true or false
in the rectangle.

Name: _____

Muscles allow our body
to move.

Muscles work with your
brain.

Muscles come in only
one size.

If you raise your hand,
your foot told you to do
that.

Some muscles move on
their own.

Some muscles help keep
you alive.

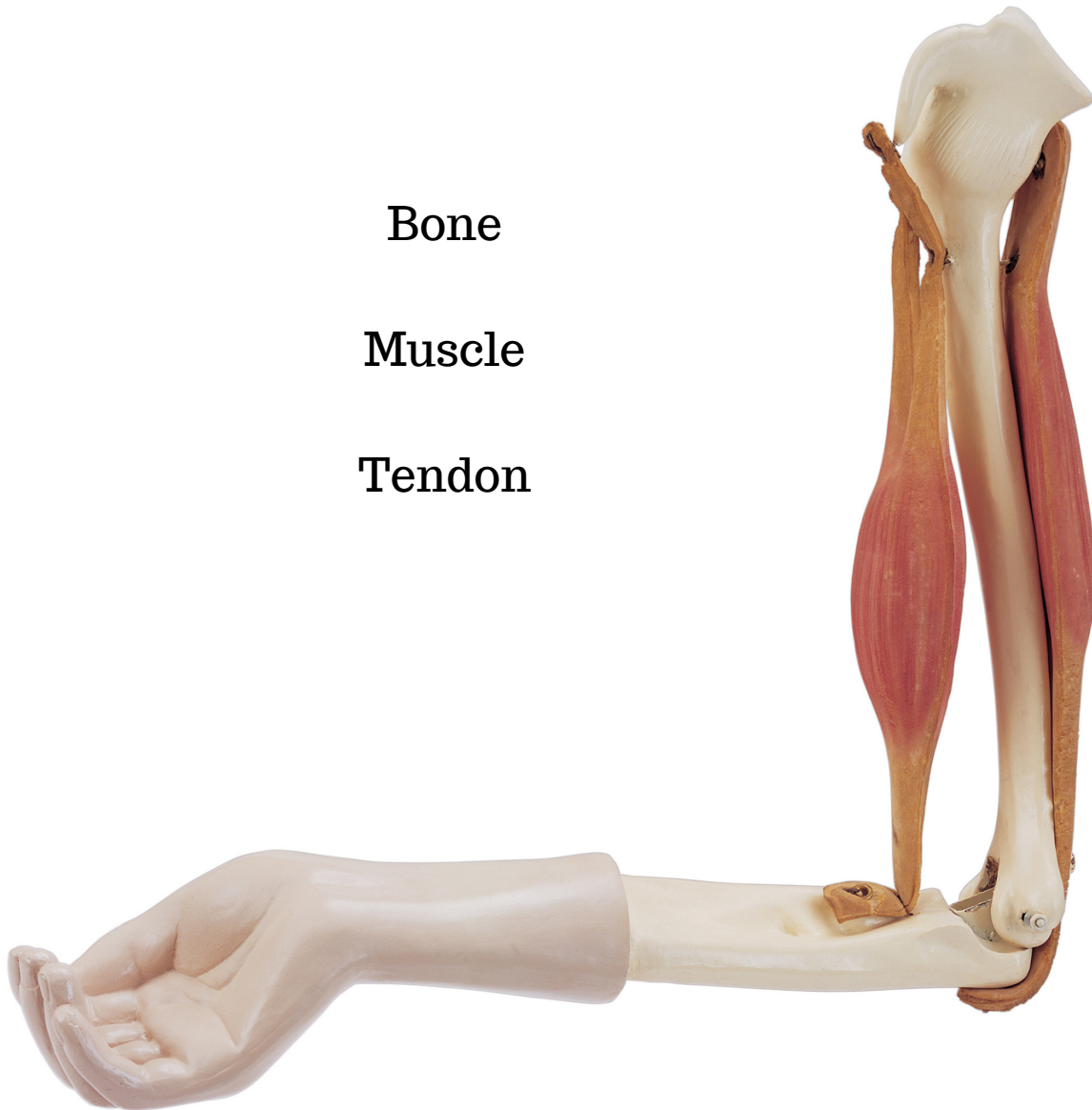
My Body

Draw a line from the word to the correct body part.

Bone

Muscle

Tendon



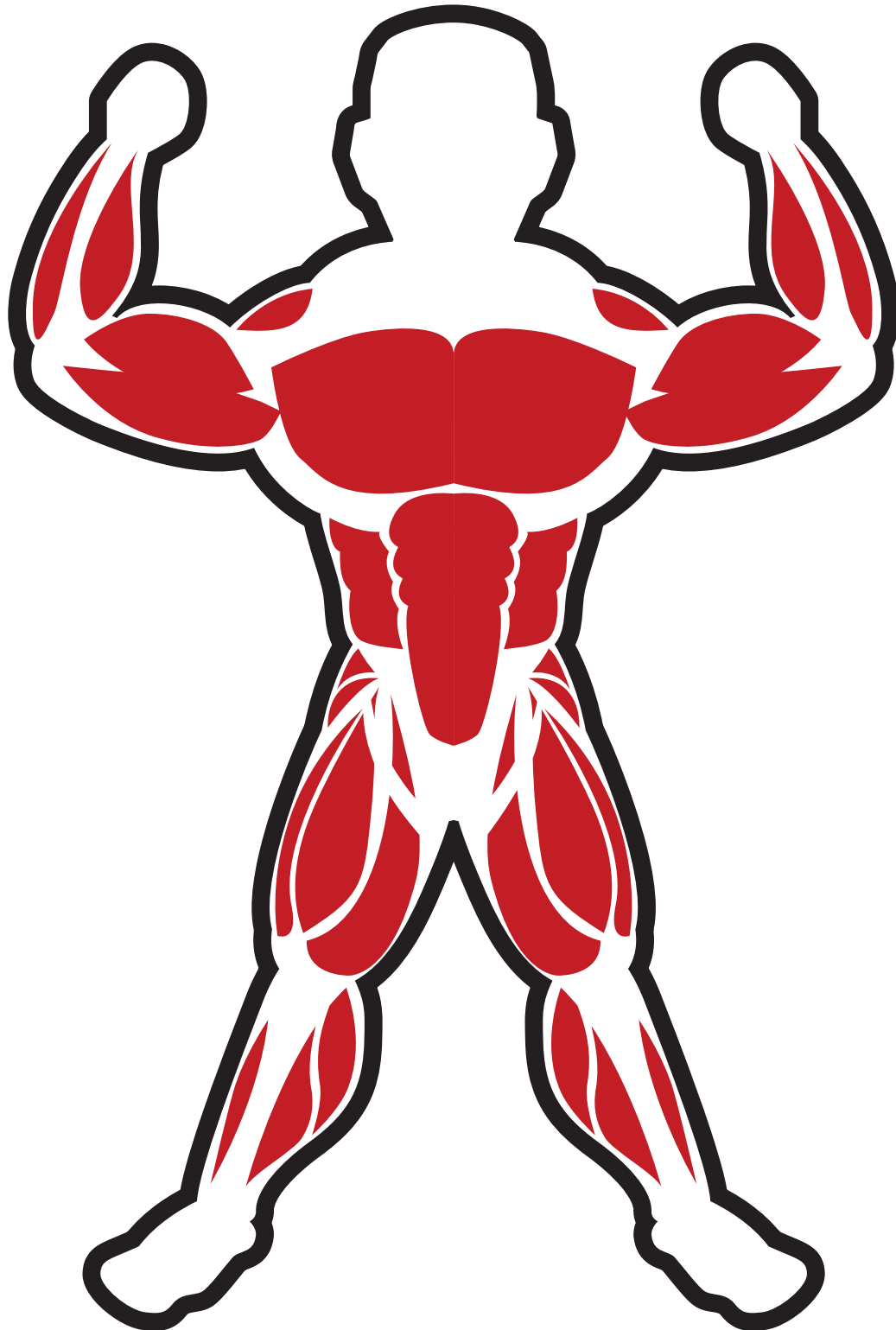
My Muscles at Work

Point the muscles you need for jumping.

Point to the muscles you need for sit ups.

Point to the muscles you need to pick up a cup.

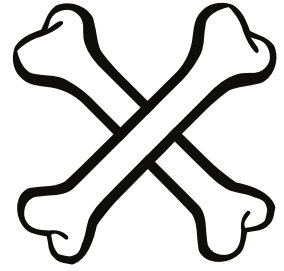
Draw a face on the muscle man.



Muscles, Bones and Tendons.

Match up

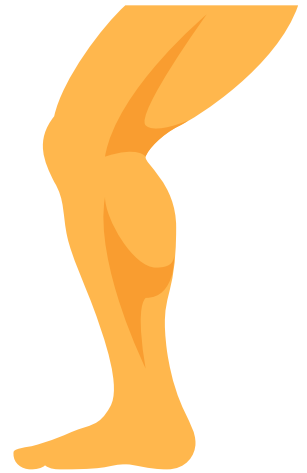
You have this many muscles
in your body.



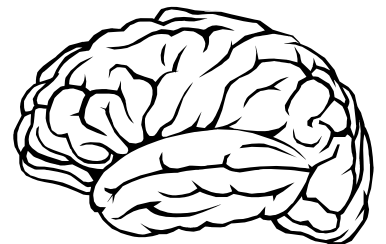
What muscles would be tired after running?

600

Skeletal muscles work with your



What allows all of your muscles to move?



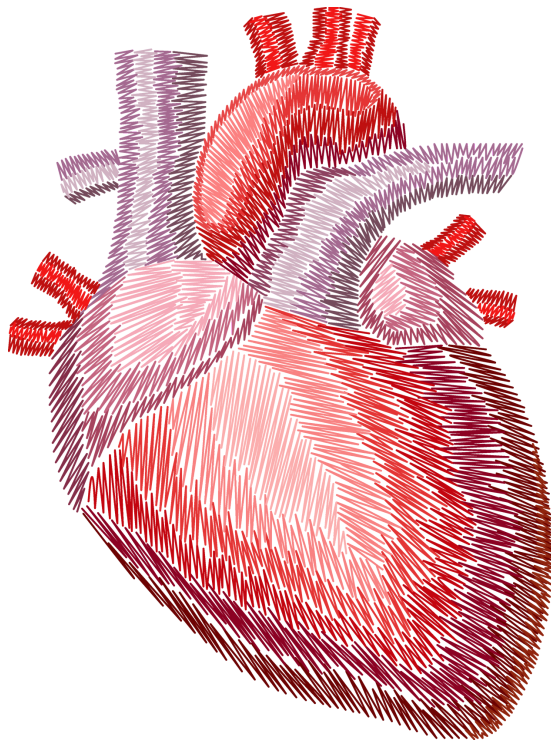
Your Heart

Your heart is an organ that is a special kind of _____ . **weight, muscle, work**

Your heart brings _____ and _____ to your whole body. **oxygen, carbon dioxide, nutrients**

Blood travels through _____ and _____ . **ladders, veins, arteries**

Your _____ pumps blood through your veins and arteries. **leg, liver, heart**



Blood Vessels

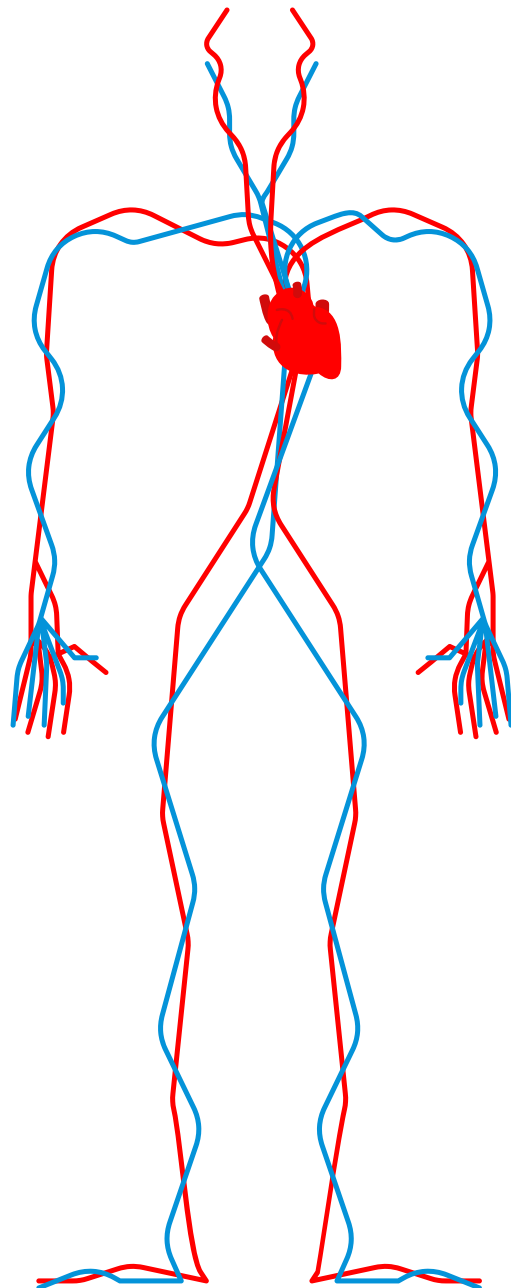
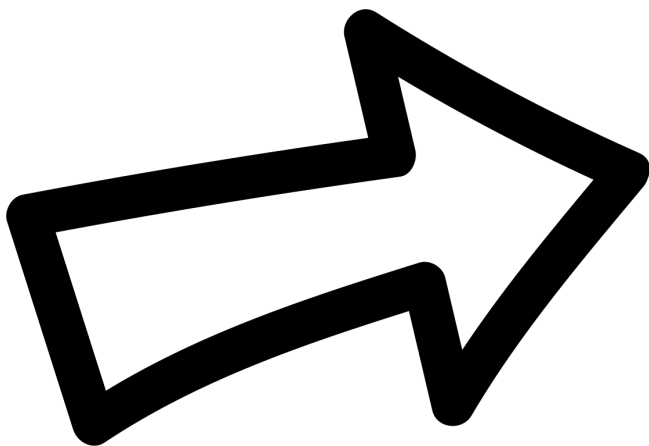
Veins are blue and arteries are red.

Arteries carry blood away from the heart.

Veins push blood back to your heart.

A good trick to remember what veins and arteries do is match up the first letter of **A**rtery and **A**way, they both start with **A**!

Draw arrows on
the veins and
arteries to show
what direction the
blood is going



Heart Experiment

Name: _____

Fill a balloon up with water. Then place a straw inside the balloon. Wrap an elastic band around the top of the balloon so the water can't escape from the top. Squeeze the balloon. What happens to the water inside the balloon? Draw a picture of what happened below.

