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2.1.2 A.2

Bones Notebook

Name _____

1. What is a bone?

2. What are bones made of?

3. What are some important bones?

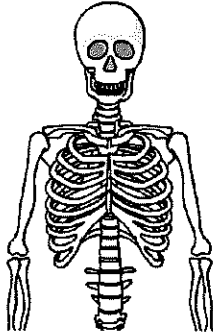
4. How can we take care of our bones?

Bones Easy Quiz

DIRECTIONS: Circle the best answer.

Name _____

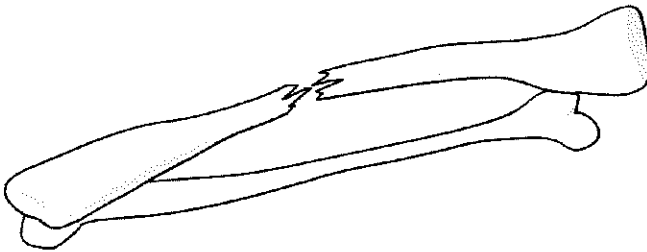
1.



Which set of bones is in your back and holds up your body?

- A. skull
- B. spine
- C. joint
- D. arm

2.



What happens after you break a bone?

- A. Your body connects the bone together and the bone heals.
- B. The bone will be broken forever.
- C. Your body won't need bones anymore.
- D. You grow an extra bone.

3. What happens as you grow and change?

- A. Your bones stay the same.
- B. Your bones get smaller.
- C. Your bones don't need calcium when you're a grown up.
- D. Your bones grow and change too.

4. The smallest bone in your body is inside your ear. Which is the biggest bone?

- A. the thighbone in your leg
- B. a rib in your ribcage
- C. the jawbone in your skull
- D. a wrist bone in your wrist

5. What is the ribcage?

A.



B.



C.



D.





Bones Hard Quiz

DIRECTIONS: Circle the best answer.

Name _____

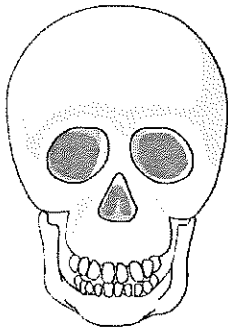
1.



What is bone marrow?

- A. the part of the bone that makes blood cells
- B. the bone that protects your brain
- C. the bone that protects your heart
- D. the place where two bones meet

2.



Your bottom jawbone is the only bone in your head that can move. Why does it move?

- A. to see and look
- B. to listen and hear
- C. to talk and chew
- D. to smell and breath

3. Which of these events happens FIRST?

- A. Moby breaks his arm.
- B. Moby falls off a scooter.
- C. Moby goes to the doctor.
- D. Moby gets a cast for his arm.

4. Which activity does NOT help your bones?

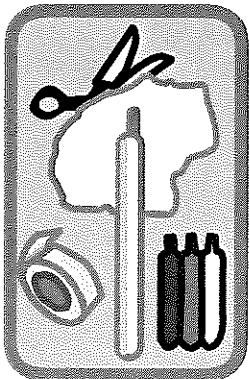
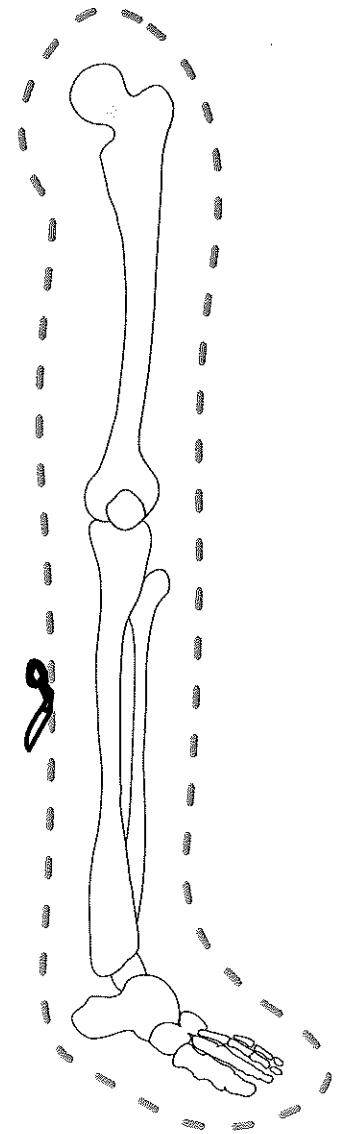
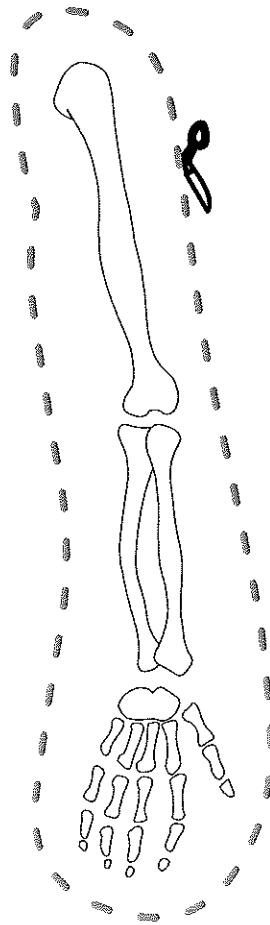
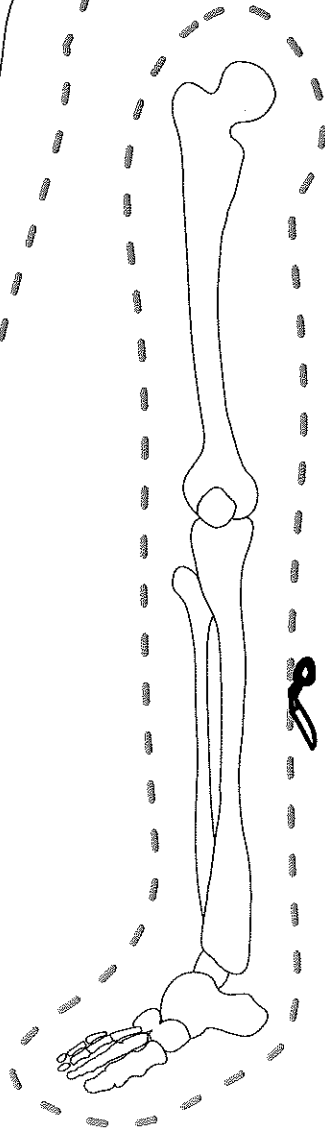
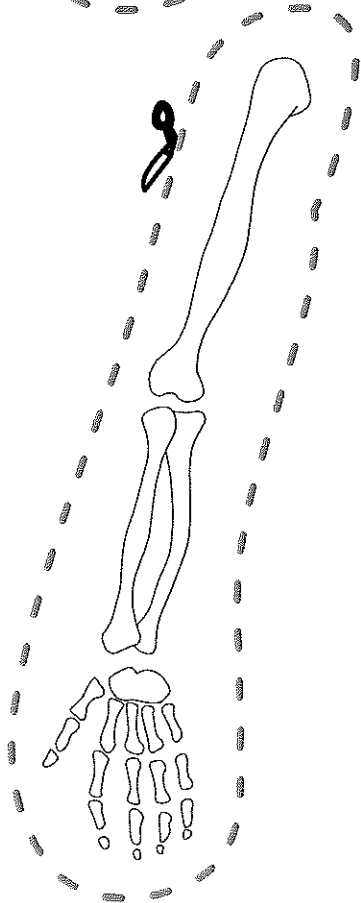
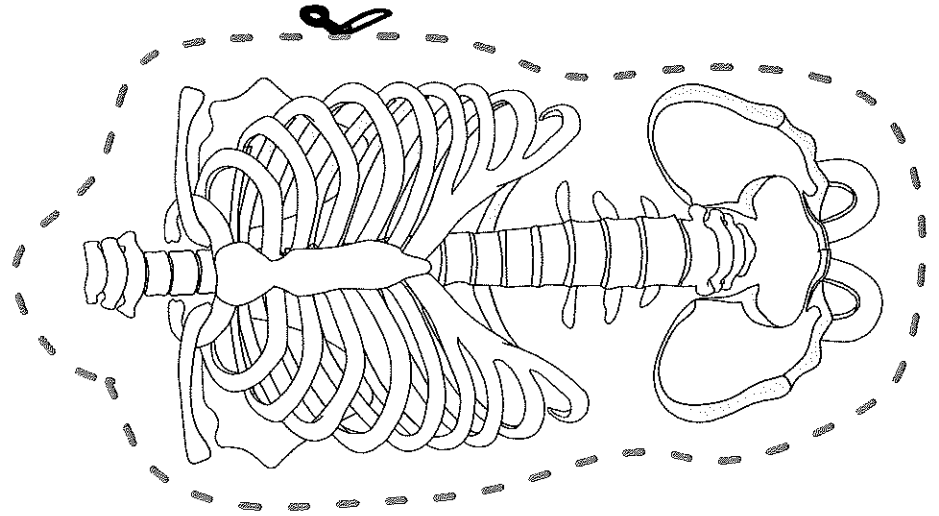
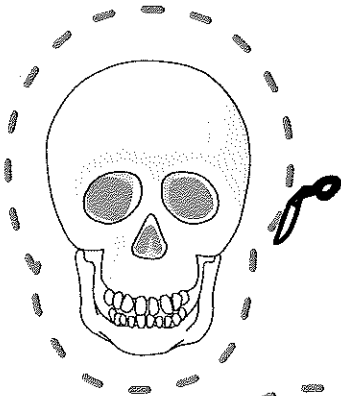
- A. eating a leafy green salad and drinking glass of low fat milk
- B. wearing a helmet and body pads
- C. playing sports and getting enough exercise
- D. eating junk food and staying inside

5. A baby has about 300 soft bones. An adult has 206 bones. What happens?

- A. Babies digest their extra bones as they grow.
- B. Babies have lots of broken bones that need to heal.
- C. Some of the babies' soft bones slowly grow together.
- D. Adults lose bones when they stop drinking milk.

Print the page and cut out the bones.
Put them together to form a skeleton!

Name: _____





Muscles Notebook

Name _____

1. What are muscles?

2. What are voluntary muscles?

3. What are involuntary muscles?

4. How can you care for your muscles?

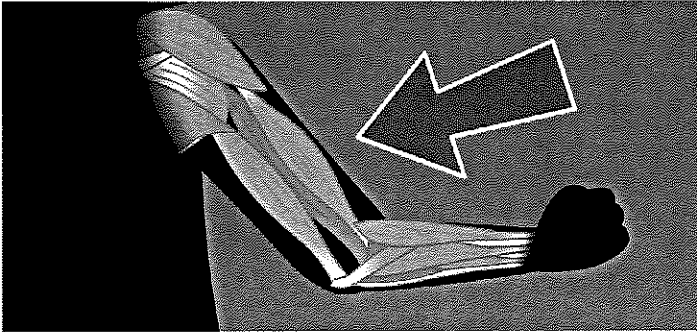


Muscles Easy Quiz

DIRECTIONS: Circle the best answer.

Name _____

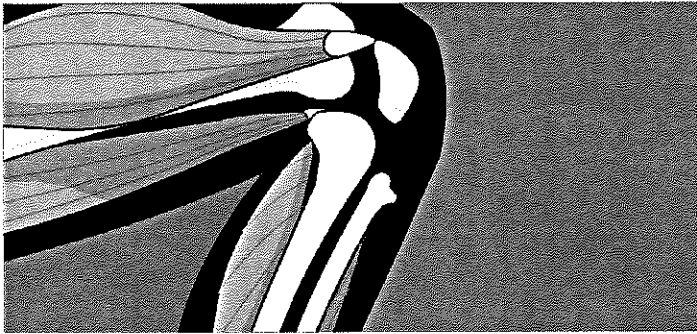
1.



What is the name of this muscle?

- A. deltoid
- B. elbow
- C. bicep
- D. tricep

2.



Which sentence is FALSE?

- A. Some muscles attach to bones and joints.
- B. Joints are places where two bones meet.
- C. You can use muscles in the legs to move.
- D. Biceps and triceps are muscles in your legs.

3. An involuntary muscle is a muscle that moves without you thinking about it. Which is an involuntary muscle?

- A. heart
- B. tongue
- C. hamstrings
- D. quadriceps

4. Grandpop is swimming and feels a pain in his leg. What should his do?

- A. Go dancing or running instead.
- B. Lift weights to strengthen his arms.
- C. Stop swimming and take a break.
- D. Keep swimming faster to warm up.

5. Where can you find your quadriceps and your hamstrings?

- A. your arms
- B. your back
- C. your chest
- D. your thighs



Muscles Hard Quiz

DIRECTIONS: Circle the best answer.

Name _____

1. Some activities are both voluntary and involuntary. What can you do with AND without thinking about it?

A. blink your eyes
B. wiggle your toes
C. chew food or drink water
D. pump blood with your heart

2. Which happens FIRST?

A. Mia plays soccer with friends.
B. Mia warms up and stretches.
C. Mia sits down on a bench to rest.
D. Mia walks slowly to cool down.

3. Where can you find your pectoral muscles?

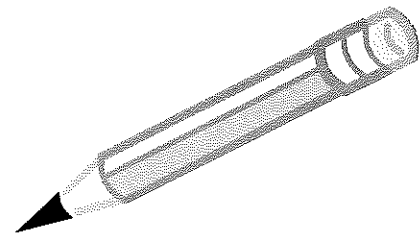
A. your chest
B. your legs
C. your head
D. your stomach

4. SKELETAL MUSCLES are the muscles that attach to joints and bones. Which are SKELETAL MUSCLES?

A. the muscles in your heart
B. the muscles inside your eyes
C. the deltoids, biceps, and triceps
D. the muscles around the stomach

5. Which sentence is FALSE?

A. Muscles contract and relax to help you move.
B. Foods high in protein help build strong muscles.
C. Involuntary muscles push food down the throat.
D. The heart is made of different voluntary muscles.





Keep your muscles strong and healthy! Create a health goal and write a plan to stay in shape.

Name: _____

What is a health goal you want to set?

What plan will you follow to reach your goal?

How will it help your muscles?

In what other ways will this goal affect your health?

Draw a picture of an activity you can do to reach your health goal.

A large, empty rectangular box with a black border, intended for a student to draw a picture of an activity they can do to reach their health goal.



Heart Notebook

Name _____

1. What is the heart?

2. What does the heart do?

3. How can you care for your heart?



Heart Easy Quiz

DIRECTIONS: Circle the best answer.

Name _____

1. Where can you find your heart?

- A. in your lungs
- B. in your chest
- C. in your stomach
- D. in your head

2. Which is part of the circulatory system?

- A. stomach
- B. skin
- C. veins
- D. muscles

3. When do you think your heart beats the slowest?

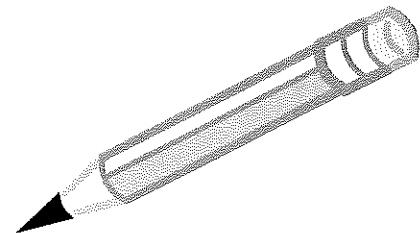
- A. while you are running
- B. while you are asleep
- C. while you are laughing
- D. while you are angry

4. How can you lower your pulse after you exercise?

- A. Do a lot of jumping jacks.
- B. Stretch and walk around.
- C. Drink a soda with caffeine.
- D. Jump rope and dance.

5. Which is the BEST way to keep your heart healthy?

- A. Eat potato chips.
- B. Exercise every day.
- C. Sing quiet songs.
- D. Play board games.





Heart Hard Quiz

DIRECTIONS: Circle the best answer.

Name _____

1. Which is a kind of blood vessel?

- A. artery
- B. circulate
- C. pump
- D. oxygen

2. What gas does blood deliver to the whole body?

- A. nitrogen
- B. oxygen
- C. helium
- D. carbon

3. What do you think happens to your heart when you feel scared or nervous?

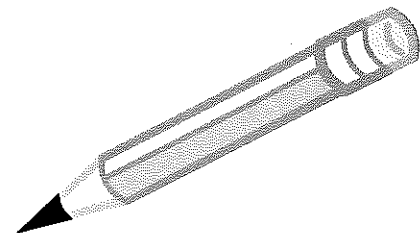
- A. It stops beating.
- B. It beats slower.
- C. It beats quieter.
- D. It beats faster.

4. Which sentence is TRUE?

- A. Your heart is a muscle that can grow.
- B. The heart does not beat when you sleep.
- C. Blood vessels are only inside your heart.
- D. Greasy, salty foods are good for the heart.

5. Which happens LAST?

- A. Mia quickly runs up and down the court.
- B. Mia's heart beats faster when she shoots.
- C. Mia's game ends and her heart slows down.
- D. Mia joins a basketball game in the park.



Learn to measure your heart rate. Then, compare your heart rate after different activities.

Name: _____

We got the beat!

You will need:
A watch with a second hand
Pencil

Measure your heart rate.

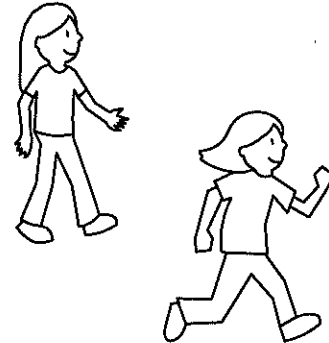


1. Lay your arm on a table with the palm of your hand up.
2. Place the fingertips of your other hand below the thumb on your up turned wrist.
3. Gently press until you can feel your heartbeat.
4. Using the watch, count the number of heartbeats you feel in 1 minute.

How many times did your heart beat per minute?

Activity: Walking for five minutes

Heart rate: _____ beats per minute



Activity: Running for five minutes

Heart rate: _____ beats per minute

Activity: After Eating

Heart rate: _____ beats per minute



When was your heart rate the fastest? Why?

When was your heart rate the slowest? Why?



Lungs Notebook

Name _____

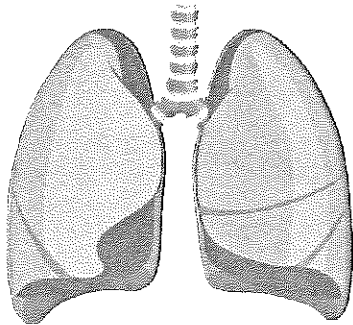
1. What are lungs?
2. What happens when you inhale?
3. What happens when you exhale?
4. What do your lungs help you do?
5. How can you help your lungs?

Lungs Easy Quiz

DIRECTIONS: Circle the best answer.

Name _____

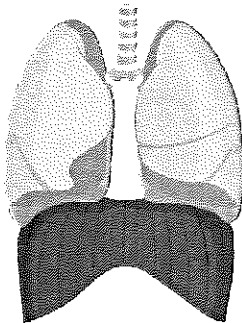
1.



What are lungs?

- A. bones that protect your chest
- B. organs that help you see
- C. organs that help you breathe
- D. muscles that help you walk

2.



Where is your diaphragm?

- A. under your lungs
- B. inside your lungs
- C. in your throat
- D. behind your ears

3. What can you do to help your lungs?

- A. A simple line drawing of a lit cigarette with a wisp of smoke rising from the tip.
- B. A simple line drawing of a person standing upright.
- C. A simple line drawing of a person sitting in a chair.
- D. A simple line drawing of a person's head and shoulders, with one hand covering their mouth as if they are coughing.

4. Which body parts help you breathe?

- A. A simple line drawing of a human nose.
- B. A simple line drawing of two human hands, palms facing each other.
- C. A simple line drawing of a human eye and a human ear.
- D. A simple line drawing of two human hands and two human feet.

5. What happens when you inhale?

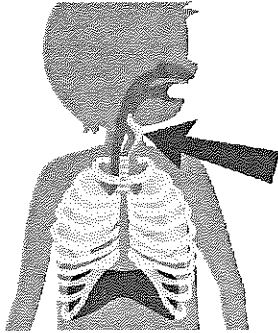
- A. Your lungs fill with air and get bigger.
- B. You push out air through your nose and mouth.
- C. Your ribcage pulls in tight.
- D. You breathe out carbon dioxide.

Lungs Hard Quiz

DIRECTIONS: Circle the best answer.

Name _____

1.



What is another word for the trachea?

- A. windpipe
- B. nose
- C. lung
- D. diaphragm

2.



Why do you sneeze?

- A. to communicate happiness to other people
- B. to break food down for your body to use
- C. to grow strong bones and muscles
- D. to help clear things that bother your airways

3. Where are your vocal cords?

- A. in your mouth
- B. in your throat
- C. inside your lungs
- D. under your lungs

4. What happens when you exhale?

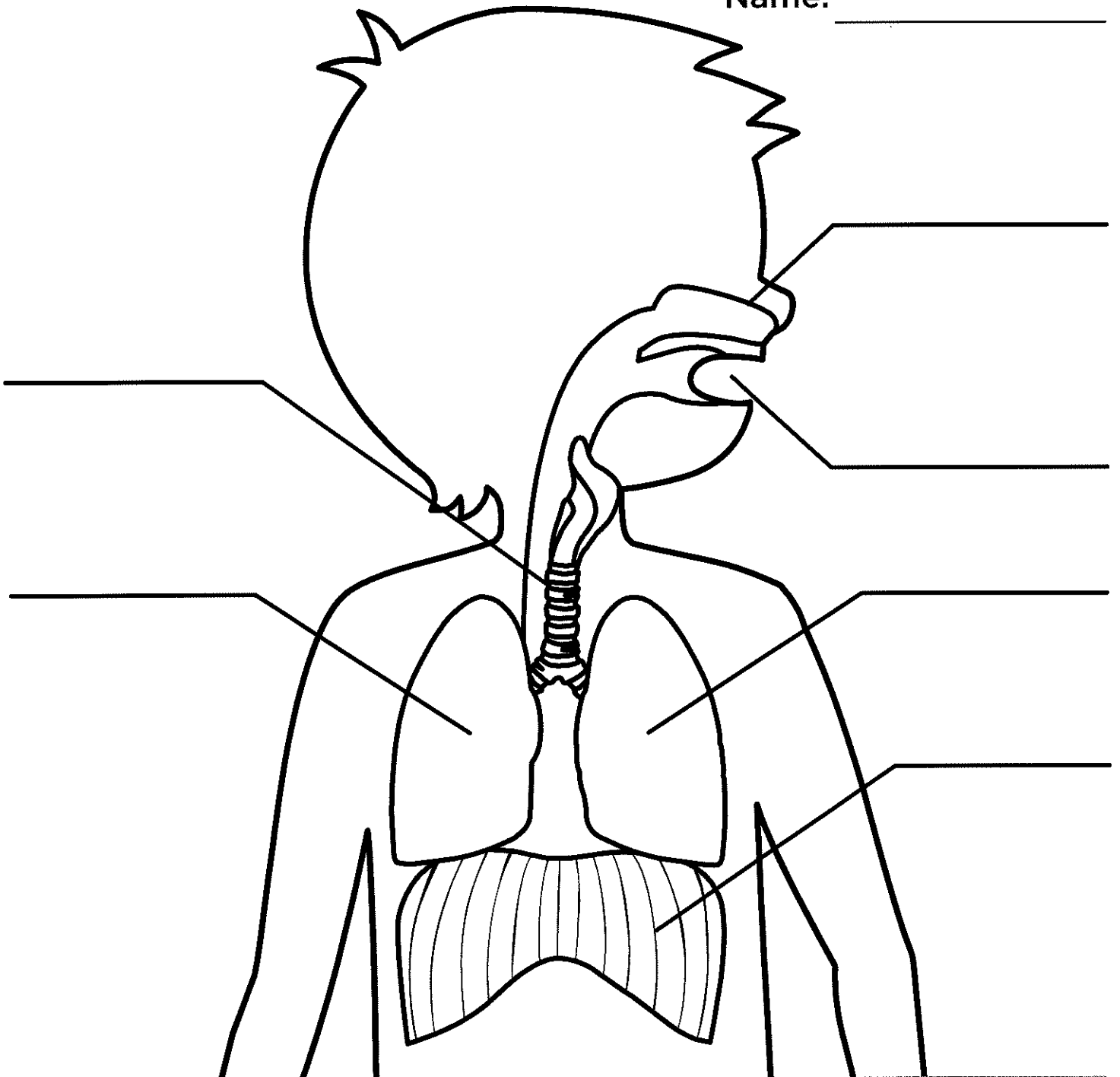
- A. Your lungs fill with air and expand.
- B. Your lungs push out carbon dioxide.
- C. Your lungs take in oxygen.
- D. Your nose and mouth take in air.

5. Which is an organ?

- A. blood
- B. lung
- C. oxygen
- D. neck

Color the picture. Then label the parts
using words from the Word Bank.

Name: _____



Word Bank

left lung

diaphragm

mouth

right lung

nose

trachea