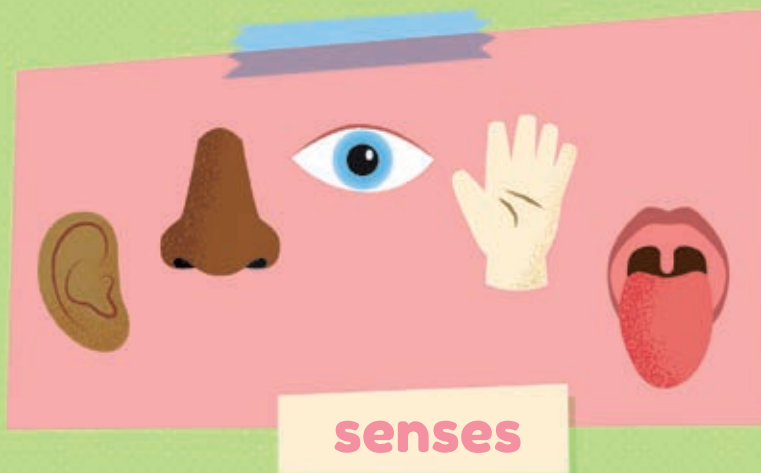


1 Watch. How many senses have you got?



body parts

My body has got different body parts.



senses

I can hear, smell, see, touch and \_\_\_\_\_.

My  
body



**bones**

My \_\_\_\_\_ supports my body.



**joints**

My joints help me \_\_\_\_\_.

Let's learn about ...

- keeping healthy
- body systems
- body parts



2 Write the correct word.

move

taste

skeleton

3 Match.



bone



joint

# How can you keep healthy?

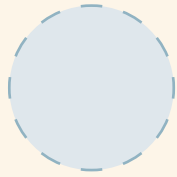
It's important to drink water, do exercise and have good hygiene.

## 1 Read and stick.

### Food and drink



fruit

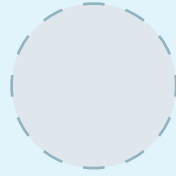


water



vegetables

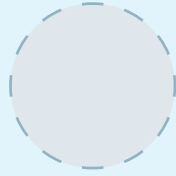
### Exercise



dance



run



swim

### Hygiene



brush my teeth



wash my hands



sleep

## 2 Read and tick ✓ the things you do.

- a. I eat fruit.
- b. I eat vegetables.
- c. I do exercise.
- d. I brush my teeth.

### Language learning lab

Do you eat fruit?

Yes, I do.



# How do humans change their environment?

Humans change their environment to meet their needs.

1 Circle the artificial environments.



2 Listen and number the artificial environments in activity 1.  002

3  Read and complete the sentences.

tropical

cold



They live in a \_\_\_\_\_ climate and they build their homes with ice.



They live in a \_\_\_\_\_ climate and they build their homes with wood and leaves.



At home

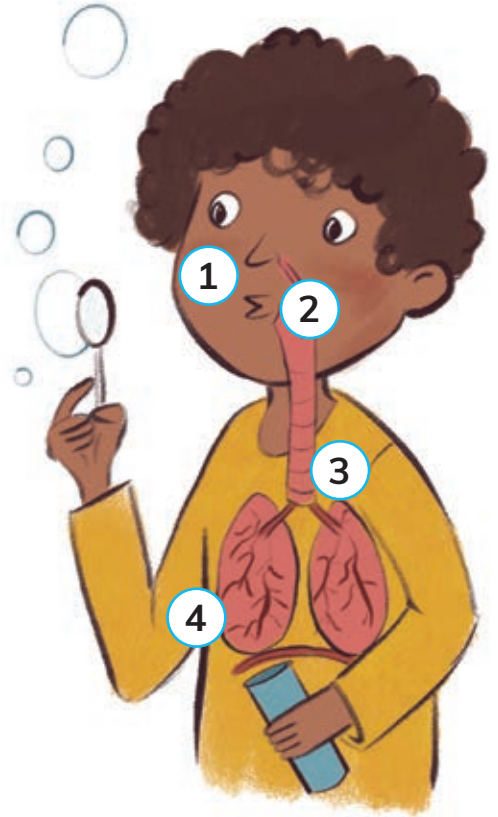
Are there any natural environments in your neighbourhood?

# What does your respiratory system do?

You breathe with your lungs. Lungs are part of the respiratory system.

## 1 Look and number the sentences.

- a. Your trachea connects the nose and mouth to the lungs.
- b. Your nose brings air in and out of your body.
- c. Your mouth also brings air in and out of your body.
- d. Your lungs add oxygen to your blood.



## 2 Trace.

Humans need *oxygen* to live. Oxygen comes from the *air*.

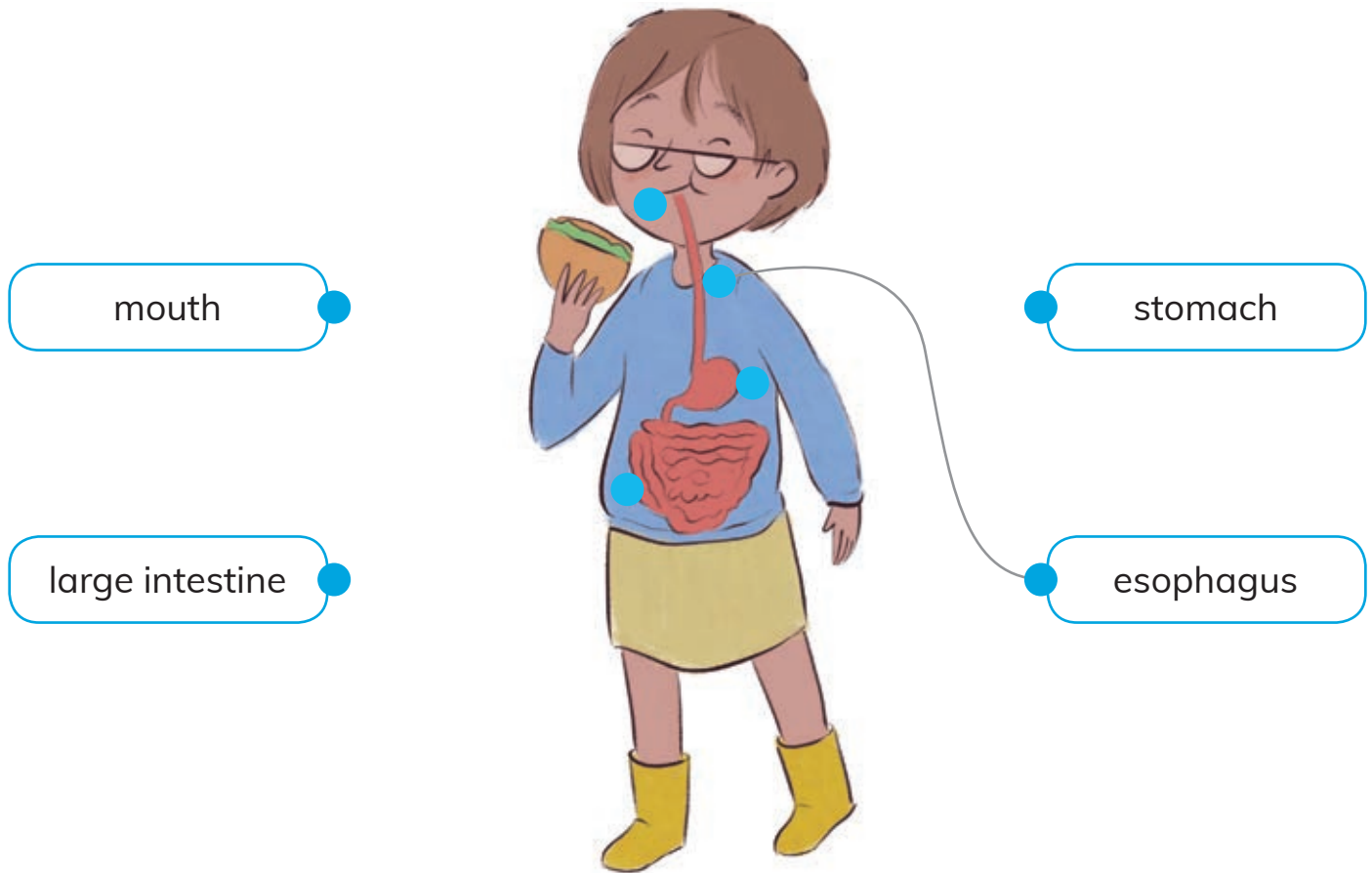
## 3 Circle the things that have lungs.



# What does your digestive system do?

Your stomach digests food. It's part of the digestive system.

## 1 Watch. Match.



## 2 Write.

digests

chew

removes

carries

- My teeth \_\_\_\_\_ food.
- My esophagus \_\_\_\_\_ food from my mouth to my stomach.
- My stomach \_\_\_\_\_ food.
- My large intestine \_\_\_\_\_ waste.







At home









Draw the parts of the digestive system.

# What does your circulatory system do?

Your heart pumps blood around your body. It's part of the circulatory system.

## 1 Sing the song. 003

  **The circulatory song**  

 I've got a heart. Yes, I have. Look at what it can do.		I've got blood vessels. Yes, I have. Look at what they can do.	
 It can pump my blood from head to toe.		They deliver blood to all my organs.	
 My heart's a muscle. Yes, I know.		Oxygen and nutrients, they keep me going.	

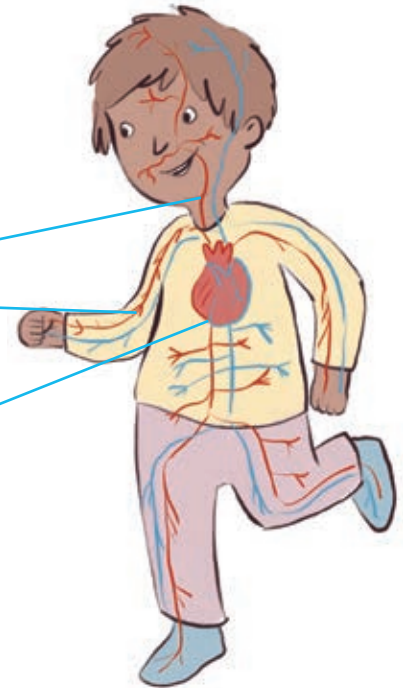
## 2 Write.

heart

blood vessels

\_\_\_\_\_

\_\_\_\_\_



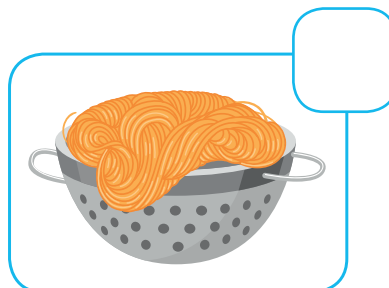
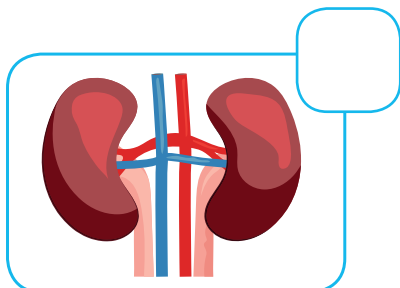
## 3 Read and trace.

- My heart is a muscle. It pumps blood around my body.
- My blood vessels deliver blood to my organs.
- Blood gives my body oxygen and nutrients.

# What does your excretory system do?

Your kidneys filter your blood to remove waste. They're part of the excretory system.

## 1 Listen and number. 004



## 2 Read and match.

Your kidneys separate the liquid waste (urine) and your blood.

Your bladder holds the urine until you go to the toilet.

When you go to the toilet, the urine leaves your body.

Two tubes, called urethras, carry the waste from your kidneys to your bladder.



**At home**

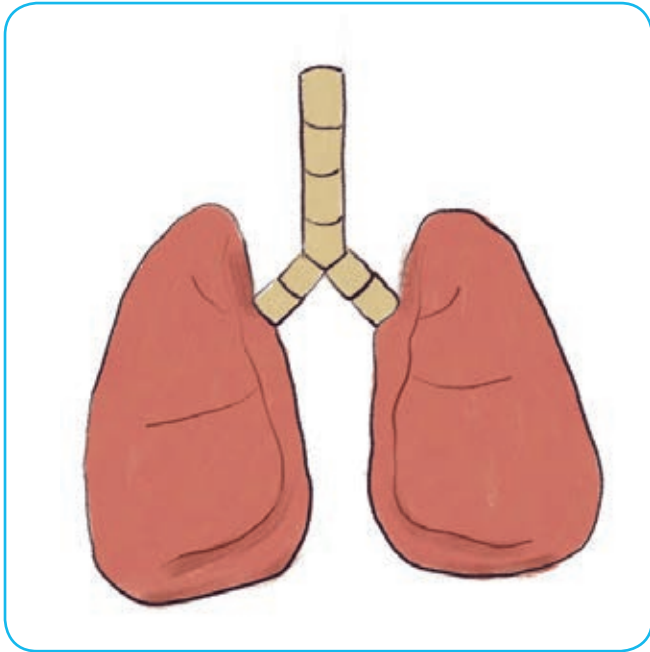
How much water do you drink in a day? Take notes.





# Challenge

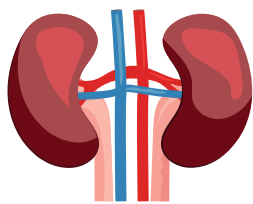
## My model organ



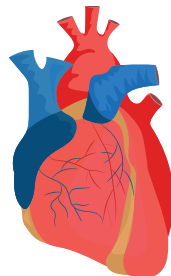
These are my lungs. I made them with plasticine.

### Planning

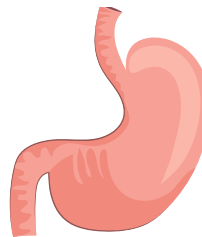
1 Choose an organ. Circle.



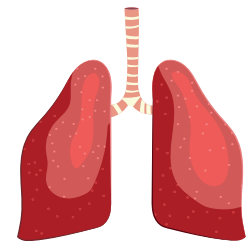
kidneys



heart



stomach



lungs

## You need ...



- plasticine



## My design

- 2 Draw your design.

A large empty rectangular box for drawing a design.

- 3  Make your model organ.
- 4  Show your model organ to your classmates. What does it do?

# What does your locomotor system do?

Bones and muscles make your body move. They're part of the locomotor system.

## 1 Write.

Bones

Muscles

Joints

\_\_\_\_\_ connect bones to each other.



\_\_\_\_\_ form the skeleton.



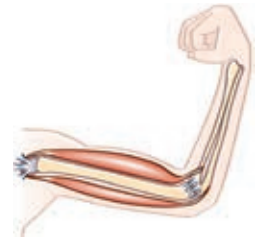
\_\_\_\_\_ help you move.



## 2 Say yes or no.

- a. Bones are flexible.
- b. Muscles are hard and rigid.
- c. Knees and elbows are joints.

## 3 Move your arm. Can you feel the muscle?



## 4 Write.

heart

lungs

brain

a. My skull protects my \_\_\_\_\_.

b. My ribs protect my \_\_\_\_\_ and my \_\_\_\_\_.



# What does your nervous system do?

Your brain controls what your body does. It's part of the nervous system.

## 1 Listen and match. 005

This nerve connects the brain to the rest of the body.

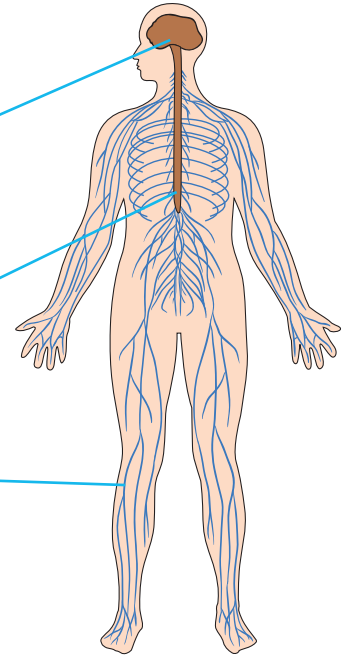
They send signals to and from your brain.

This organ controls what your body does.

brain

spinal cord

nerves



## 2 Watch. How does your nervous system protect you? Read and number.



a. Your visual nerves send a message to your brain.

c. You see the ball.

1

b. You move or raise your hands.

d. Your brain sends a signal to your hands.



**At home**

Helmets protect our heads. Have you got any helmets at home?

# Science lab

## Can you read without sight?

### Hypothesis

1  Make a prediction. Tick ✓.

- a. I think I can read without sight.
- b. I think I can't read without sight.

### Materials

- blindfold
- card
- pencil
- plasticine
- sticky notes

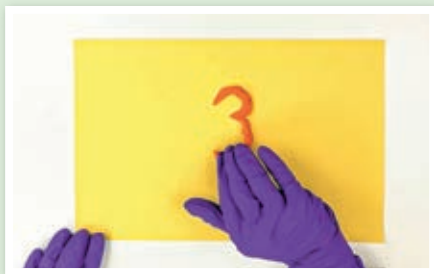
**Step 1** Choose a number from 0–9 and write it on your card. Cover the number with plasticine.



**Step 2** Cover your eyes with the blindfold. Change cards with a classmate.



**Step 3** Touch the number with your hands.



**Step 4** Write your guess on a sticky note.



2  Watch. Complete the worksheet. 

# How do humans reproduce?

Humans grow in their mother's uterus. A baby in the uterus is called a fetus.

1 Are humans oviparous or viviparous? Write.

Humans are \_\_\_\_\_.

2 Look and write.

umbilical cord

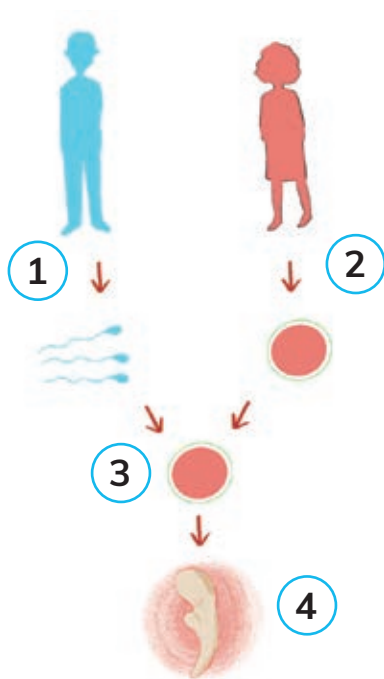
fetus

\_\_\_\_\_



\_\_\_\_\_

3 Read and number.



a. Adult females produce eggs in their ovaries.

b. The fertilised egg grows into a fetus in the uterus.

c. Adult males produce sperm in their testicles.

1

d. The sperm fertilise the egg.



At home

Look for baby photos at home. How are you different now?



# Review

1 Find and circle the organs in your body.

## LUNG SABSTOMACHCDBRAINEFBLADDERGH

2 Write.

circulatory system

digestive system

respiratory system

excretory system



\_\_\_\_\_  
\_\_\_\_\_



\_\_\_\_\_  
\_\_\_\_\_



\_\_\_\_\_  
\_\_\_\_\_



\_\_\_\_\_  
\_\_\_\_\_

3 Listen and circle. 006

a.

kidneys

large intestine

c.

bladder

brain

b.

lungs

heart

d.

stomach

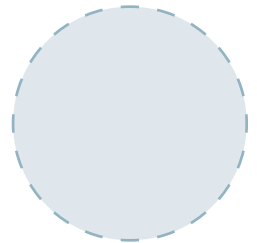
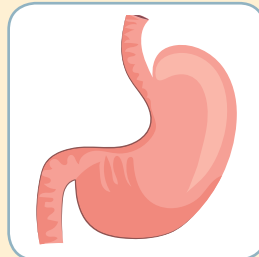
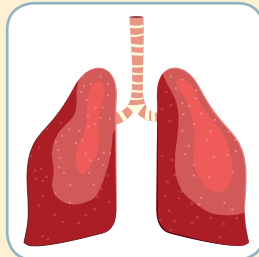
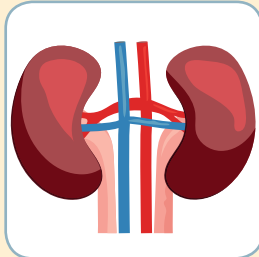
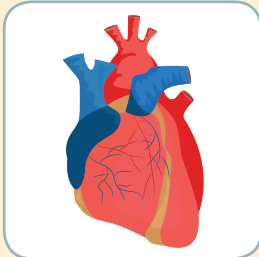
nerves



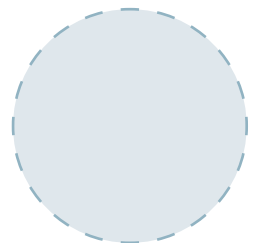
# Reflect

1 Say and stick.

I can ... name different body parts.



I can ... say circulatory, digestive or respiratory.



I can ... say ways to be healthy.

