

**Student Name:** \_\_\_\_\_**Class:** \_\_\_\_\_**Student ID:** \_\_\_\_\_**Date:** \_\_\_\_\_

## Assessment Details

|                             |  |
|-----------------------------|--|
| <b>Duration:</b> 20 minutes | <b>Total Marks:</b> 100  |
| <b>Topics Covered:</b>      | <ul style="list-style-type: none"><li>• Human Body and Senses</li><li>• Personal Hygiene and Self-Care</li></ul> |

## Instructions to Students:

1. Read the instructions carefully and ask your teacher if you have any questions.
2. Complete all tasks to the best of your ability.
3. Use the space provided for each question.
4. Do not write outside the designated areas.
5. Time management is crucial - allocate your time wisely.

## Introduction and Instructions

Welcome to the Human Body and Senses Assessment! This assessment is designed to evaluate your understanding of the human body and its senses, as well as your knowledge of personal hygiene and self-care.

Please read the instructions carefully and ask your teacher if you have any questions. You will have 20 minutes to complete the assessment. Remember to have fun and do your best!

**Question 1**

**[2 marks]**

What is the name of the body part that we use to see?

A) Mouth

B) Eyes

C) Ears

D) Nose

**Question 2**

**[2 marks]**

Which body part do we use to breathe?

A) Mouth

B) Eyes

C) Ears

D) Nose

**Question 3**

**[2 marks]**

What is the name of the body part that we use to hear?

A) Mouth

B) Eyes

C) Ears

D) Nose

**Question 4**

**[8 marks]**

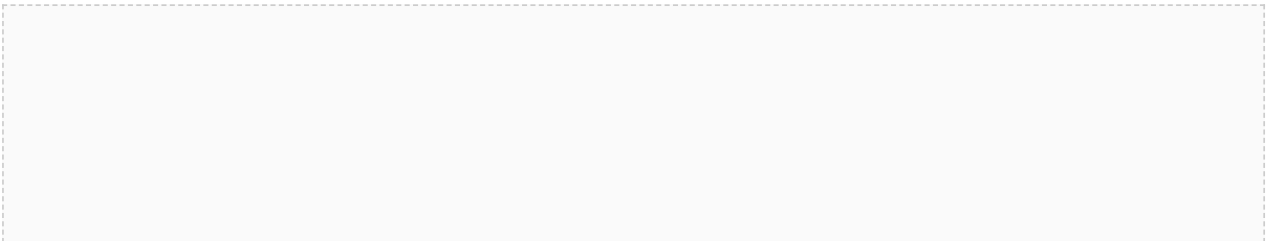
What do we use our hands for?



**Question 5**

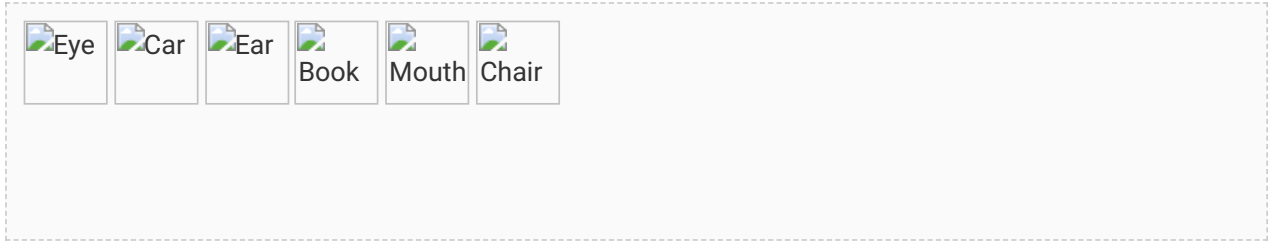
**[8 marks]**

Why is it important to wash our hands regularly?



## Picture Sorting [10 marks]

Sort the following pictures into two categories: body parts and non-body parts



Body Parts: \_\_\_\_\_

Non-Body Parts: \_\_\_\_\_

## Matching [15 marks]

Match the following body parts with their functions

|        |       |
|--------|-------|
| Eyes:  | _____ |
| Ears:  | _____ |
| Mouth: | _____ |
| Nose:  | _____ |

### Drawing Activity [10 marks]

Draw a picture of your favorite body part and label it. Why is this body part important to you?



Self-Assessment [5 marks]

How did you feel about the assessment?

What did you find easy or hard?

What do you think you need to work on?



## Conclusion

Congratulations! You have completed the Human Body and Senses Assessment.

Remember to ask your teacher for feedback and to discuss your results.

## Marking Guide

Multiple Choice Questions: 1 point for each correct answer, 0 points for each incorrect answer

Short Answer Questions: 2 points for a complete and correct answer, 1 point for a partially correct answer, 0 points for an incorrect answer

Picture Sorting: 2 points for correct sorting of all pictures, 1 point for correct sorting of 4-5 pictures, 0 points for incorrect sorting

Matching: 3 points for correct matching of all body parts and functions, 2 points for correct matching of 3-4 body parts and functions, 1 point for correct matching of 1-2 body parts and functions, 0 points for incorrect matching

## Differentiation Options

For children with visual impairments: provide Braille or large print versions of the assessment materials, provide a reader to assist with reading the questions and instructions

For children with hearing impairments: provide a sign language interpreter to assist with instructions and questions, provide a written version of the instructions and questions

For children with physical disabilities: provide adaptive tools, such as pencil grips or specialized paper, to assist with writing and drawing, provide a scribe to assist with writing and drawing

For English language learners: provide a bilingual version of the assessment materials, provide a translator to assist with instructions and questions

## Bloom's Taxonomy Alignment

Remember: recall the names of basic body parts

Understand: describe the functions of different body parts

Apply: demonstrate an understanding of personal hygiene and self-care

Analyze: sort pictures into categories

Evaluate: match body parts with their functions

## Multiple Intelligence Approaches

Visual-spatial: picture sorting and matching

Linguistic: short answer questions and multiple choice questions

Kinesthetic: hands-on activities, such as drawing and writing

Interpersonal: opportunities for discussion and interaction with the teacher and peers

## Clear Success Criteria

Ability to identify and name basic body parts

Ability to recognize and describe the functions of different body parts

Ability to demonstrate an understanding of personal hygiene and self-care

Ability to complete the assessment tasks independently and accurately

## Evidence Collection Methods

Completed assessment tasks

Observations of the children during the assessment

Feedback from the children during and after the assessment

## Feedback Opportunities

Immediate feedback during the assessment, such as verbal praise or encouragement

Feedback after the assessment, such as a review of the results and discussion of areas for improvement

Opportunities for self-assessment and reflection, such as asking the children to evaluate their own performance and set goals for future learning



# Human Body Systems

The human body is made up of several systems that work together to maintain overall health and function. These systems include the skeletal, muscular, nervous, circulatory, respiratory, digestive, and immune systems. Each system has a unique function and plays a crucial role in maintaining the body's homeostasis.

## Example: Skeletal System

The skeletal system provides support, protection, and movement for the body. It is made up of 206 bones that are connected by joints, ligaments, and tendons. The skeletal system also produces blood cells and stores minerals such as calcium and phosphorus.

## Nervous System

The nervous system is responsible for controlling and coordinating the body's functions. It consists of the central nervous system (brain and spinal cord) and the peripheral nervous system (nerves). The nervous system allows us to think, learn, and respond to stimuli.

# Senses and Perception

Our senses allow us to perceive and interpret the world around us. The five traditional senses are sight, sound, touch, taste, and smell. Each sense has a unique function and plays a crucial role in our daily lives. For example, our sense of sight allows us to see and interpret visual information, while our sense of hearing allows us to perceive and interpret sound waves.

## Case Study: Blindness

A person who is blind may use their other senses, such as touch and hearing, to navigate and interact with their environment. Assistive technologies, such as braille and screen readers, can also help individuals with visual impairments to access and interpret visual information.

## Formula: Sensory Input

Sensory input = stimulus + perception + interpretation

# Personal Hygiene and Self-Care

Personal hygiene and self-care are essential for maintaining physical and mental health. This includes practices such as washing hands regularly, brushing teeth, and taking regular baths or showers. It also involves engaging in activities that promote mental well-being, such as exercise, meditation, and spending time with loved ones.

## Example: Handwashing

Handwashing is an important aspect of personal hygiene. It involves using soap and water to clean the hands, paying particular attention to the areas between the fingers and under the nails. Handwashing can help prevent the spread of illnesses and infections.

## Mental Health

Mental health is just as important as physical health. It involves being able to think, feel, and behave in ways that allow us to cope with the demands of daily life. Engaging in activities that promote mental well-being, such as exercise and socializing, can help

maintain good mental health.

## Health and Wellness

Health and wellness involve maintaining a balance between physical, mental, and emotional well-being. This can be achieved through a combination of healthy habits, such as regular exercise, a balanced diet, and adequate sleep. It also involves being aware of and managing stress, as well as engaging in activities that promote relaxation and enjoyment.

### Case Study: Healthy Eating

A person who eats a balanced diet that includes a variety of fruits, vegetables, whole grains, and lean proteins is more likely to maintain good health and wellness. This can involve planning and preparing healthy meals, as well as being mindful of portion sizes and food choices.

**Formula: Wellness**

Wellness = physical health + mental health + emotional well-being

## Diseases and Disorders

Diseases and disorders can affect any part of the body and can have a significant impact on a person's quality of life. Some common diseases and disorders include diabetes, heart disease, and mental health conditions such as depression and anxiety. Understanding the causes, symptoms, and treatments of these conditions can help individuals take steps to prevent and manage them.

### Example: Diabetes

Diabetes is a condition that affects the body's ability to regulate blood sugar levels. It can be managed through a combination of diet, exercise, and medication. Individuals with diabetes need to be aware of their blood sugar levels and take steps to keep them within a healthy range.

### Mental Health Conditions

Mental health conditions, such as depression and anxiety, can have a significant impact on a person's daily life. They can affect a person's mood, energy levels, and ability to function. Treatment options, such as therapy and medication, can help individuals manage their symptoms and improve their mental health.

## First Aid and Emergency Response

First aid and emergency response involve providing care and assistance in emergency situations. This can include providing basic life support, such as CPR, as well as treating injuries and illnesses. It is essential to be aware of the proper procedures and techniques for responding to emergencies, as well as having access to necessary equipment and resources.

### Case Study: Cardiac Arrest

In the event of a cardiac arrest, it is essential to call for emergency medical help and begin CPR if trained to do so. This can help keep the person alive until medical professionals arrive. It is also important to be aware of the location of automated external defibrillators (AEDs) and how to use them.

Formula: Emergency Response

Emergency response = assessment + intervention + evaluation

Health Promotion and Education

Health promotion and education involve providing individuals with the knowledge and skills they need to maintain good health and wellness. This can include teaching healthy habits, such as regular exercise and healthy eating, as well as providing information about diseases and disorders. Health promotion and education can be provided in a variety of settings, including schools, community centers, and healthcare facilities.

Example: Health Fairs

Health fairs are events that provide individuals with information and resources about health and wellness. They can include screenings, such as blood pressure and glucose checks, as well as educational sessions and workshops. Health fairs can be an effective way to promote health and wellness in a community.

School Health Education

School health education involves teaching students about health and wellness in a school setting. This can include topics such as nutrition, physical activity, and mental health. School health education can help students develop healthy habits and provide them with the knowledge and skills they need to maintain good health and wellness throughout their lives.



Human Body and Senses Assessment

|                     |              |
|---------------------|--------------|
| Student Name: _____ | Class: _____ |
| Student ID: _____   | Date: _____  |

Assessment Details Page 0 | Human Body and Senses Assessment

|                      |  |
|----------------------|--|
| Duration: 20 minutes | Total Marks: 100   |
| Topics Covered:      | <ul style="list-style-type: none"><li>Human Body and Senses</li><li>Personal Hygiene and Self-Care</li></ul> |

Instructions to Students:

- 1. Read the instructions carefully and ask your teacher if you have any questions.

2. Complete all tasks to the best of your ability.
3. Use the space provided for each question.
4. Do not write outside the designated areas.
5. Time management is crucial - allocate your time wisely.

## Introduction and Instructions

Welcome to the Human Body and Senses Assessment! This assessment is designed to evaluate your understanding of the human body and its senses, as well as your knowledge of personal hygiene and self-care.

Please read the instructions carefully and ask your teacher if you have any questions. You will have 20 minutes to complete the assessment. Remember to have fun and do your best!

**Question 1**

**[2 marks]**

What is the name of the body part that we use to see?

A) Mouth

B) Eyes

C) Ears

D) Nose

**Question 2**

**[2 marks]**

Which body part do we use to breathe?

A) Mouth

B) Eyes

C) Ears

D) Nose

**Question 3**

**[2 marks]**

What is the name of the body part that we use to hear?

A) Mouth

B) Eyes

C) Ears

D) Nose

**Question 4**

**[8 marks]**

What do we use our hands for?

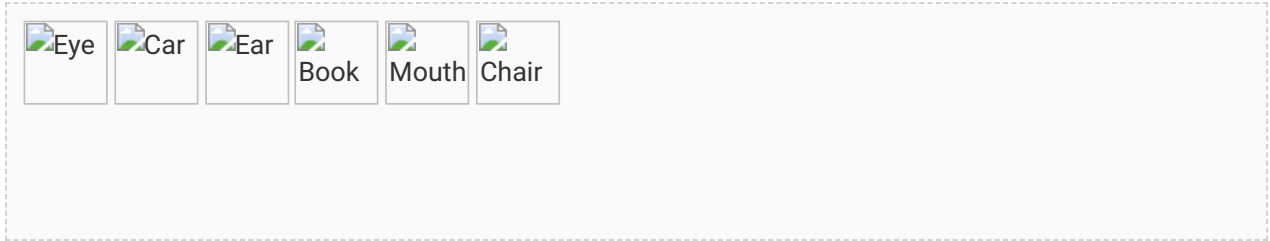
**Question 5**

**[8 marks]**

Why is it important to wash our hands regularly?

## Picture Sorting [10 marks]

Sort the following pictures into two categories: body parts and non-body parts



Body Parts: \_\_\_\_\_

Non-Body Parts: \_\_\_\_\_



## Matching [15 marks]

Match the following body parts with their functions

|        |       |
|--------|-------|
| Eyes:  | _____ |
| Ears:  | _____ |
| Mouth: | _____ |
| Nose:  | _____ |

### Drawing Activity [10 marks]

Draw a picture of your favorite body part and label it. Why is this body part important to you?



Self-Assessment [5 marks]

How did you feel about the assessment?

What did you find easy or hard?

What do you think you need to work on?

## Conclusion

Congratulations! You have completed the Human Body and Senses Assessment.

Remember to ask your teacher for feedback and to discuss your results.

## Marking Guide

Multiple Choice Questions: 1 point for each correct answer, 0 points for each incorrect answer

Short Answer Questions: 2 points for a complete and correct answer, 1 point for a partially correct answer, 0 points for an incorrect answer

Picture Sorting: 2 points for correct sorting of all pictures, 1 point for correct sorting of 4-5 pictures, 0 points for incorrect sorting

Matching: 3 points for correct matching of all body parts and functions, 2 points for correct matching of 3-4 body parts and functions, 1 point for correct matching of 1-2 body parts and functions, 0 points for incorrect matching

## Differentiation Options

For children with visual impairments: provide Braille or large print versions of the assessment materials, provide a reader to assist with reading the questions and instructions

For children with hearing impairments: provide a sign language interpreter to assist with instructions and questions, provide a written version of the instructions and questions

For children with physical disabilities: provide adaptive tools, such as pencil grips or specialized paper, to assist with writing and drawing, provide a scribe to assist with writing and drawing

For English language learners: provide a bilingual version of the assessment materials, provide a translator to assist with instructions and questions

## Bloom's Taxonomy Alignment

Remember: recall the names of basic body parts

Understand: describe the functions of different body parts

Apply: demonstrate an understanding of personal hygiene and self-care

Analyze: sort pictures into categories

Evaluate: match body parts with their functions

## Multiple Intelligence Approaches

Visual-spatial: picture sorting and matching

Linguistic: short answer questions and multiple choice questions

Kinesthetic: hands-on activities, such as drawing and writing

Interpersonal: opportunities for discussion and interaction with the teacher and peers



## Clear Success Criteria

Ability to identify and name basic body parts

Ability to recognize and describe the functions of different body parts

Ability to demonstrate an understanding of personal hygiene and self-care

Ability to complete the assessment tasks independently and accurately

## Evidence Collection Methods

Completed assessment tasks

Observations of the children during the assessment

Feedback from the children during and after the assessment

## Feedback Opportunities

Immediate feedback during the assessment, such as verbal praise or encouragement

Feedback after the assessment, such as a review of the results and discussion of areas for improvement

Opportunities for self-assessment and reflection, such as asking the children to evaluate their own performance and set goals for future learning

**Well done on completing your homework children!**