



PLANIT
TEACHERS

Understanding My Body: A Comprehensive Exploration of Human Anatomy

Student Name: _____

Class: _____

Due Date: _____

Essential Understanding:

- The human body is made up of intricate systems and organs that work together to maintain life.
- The skeletal system provides support and structure.
- The circulatory system transports blood and oxygen.
- The respiratory system brings oxygen into the body and removes carbon dioxide.

Complete these concept checks:

1. What is the main function of the skeletal system?

- a) To transport blood and oxygen
- b) To provide support and structure
- c) To digest food
- d) To breathe in oxygen

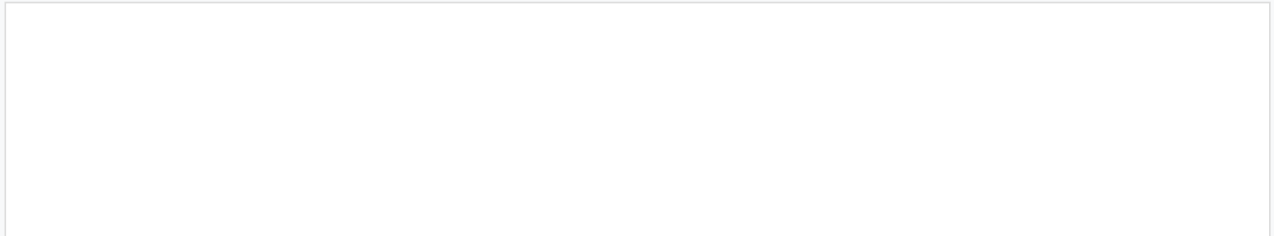
2. Which system is responsible for bringing oxygen into the body and removing carbon dioxide?

- a) Circulatory system
- b) Respiratory system
- c) Nervous system
- d) Digestive system

Label the diagram of the human body systems:

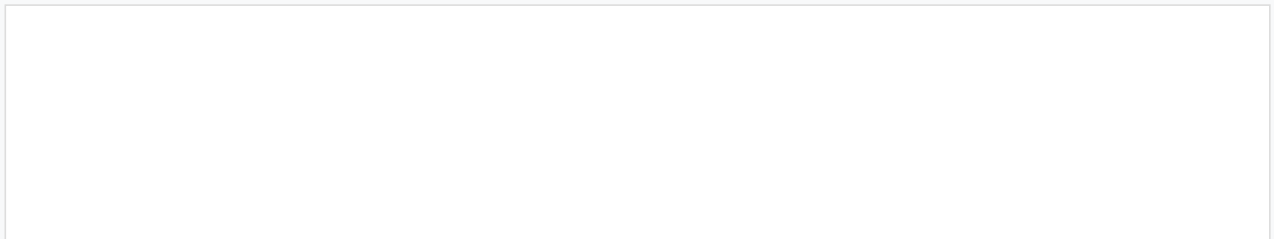
[Insert diagram of human body systems]

1. Skeletal system
2. Circulatory system
3. Respiratory system
4. Nervous system
5. Digestive system



Match the system with its function:

System	Function
Skeletal system	_____
Circulatory system	_____
Respiratory system	_____
Nervous system	_____
Digestive system	_____



Essential Understanding:

- The heart pumps blood throughout the body.
- The lungs bring oxygen into the body and remove carbon dioxide.
- The kidneys filter waste and excess fluids from the blood.
- The liver digests and processes nutrients.

Complete these concept checks:

1. What is the function of the heart?

- a) To pump blood throughout the body
- b) To breathe in oxygen
- c) To digest food
- d) To provide support and structure

2. Which organ is responsible for filtering waste and excess fluids from the blood?

- a) Kidneys
- b) Liver
- c) Lungs
- d) Brain

What is the importance of regular exercise in maintaining overall health and wellness?

What is the recommended amount of sleep for a 14-year-old student?

How do the muscles and bones work together to move the body?

What are the benefits of a healthy diet and regular exercise on overall health and wellness?

Choose any combination:

1. Design and explain a model of the human body systems

- Draw detailed diagrams
- Label each system and its function
- Explain how the systems work together

2. Create a presentation about a specific organ or system

- Research the organ or system
- Create a PowerPoint presentation
- Present to the class

3. Write a short story about a character who learns about the human body

- Write a creative story
- Include accurate information about the human body
- Share with the class

Essential Understanding:

- The human body is a complex and fascinating machine.
- The skeletal system provides support and structure.
- The circulatory system transports blood and oxygen.
- The respiratory system brings oxygen into the body and removes carbon dioxide.

Complete these concept checks:

1. What is the main function of the skeletal system?

- a) To transport blood and oxygen
- b) To provide support and structure
- c) To digest food
- d) To breathe in oxygen

2. Which system is responsible for bringing oxygen into the body and removing carbon dioxide?

- a) Circulatory system
- b) Respiratory system
- c) Nervous system
- d) Digestive system