

THE HUMAN BODY

HEAD

skull

face

UPPER LIMBS

arm

hand

TRUNK

chest

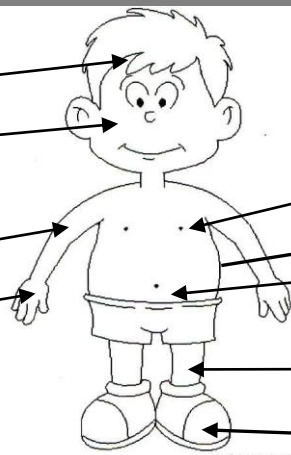
back

abdomen

LOWER LIMBS

leg

foot/feet



JOINTS

neck

shoulder

elbow

wrist

hip

knee

ankle



To help us bend and turn we have got joints. Joints are where our bones come together.

BONES

skull

vertebra

ribs

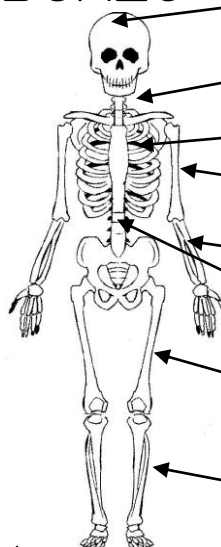
humerus

ulna and radius

backbone or spine

femur or thigh bone

tibia



All of the bones together in our body form our skeleton. Our skeleton helps us stand up. Our bones are hard.

MUSCLES

pectorals

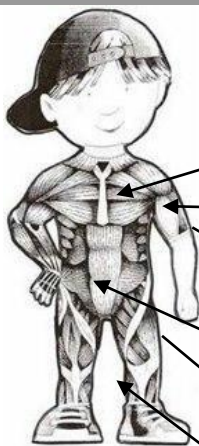
biceps

triceps

abdominals

gluteus

calves



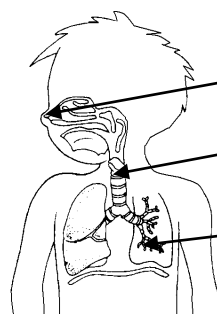
Our muscles are soft and stretchy. Our muscles cover our skeleton. They help us move our body. Our skin covers our muscles. When our muscles contract and relax, they move our bones.

THE RESPIRATORY SYSTEM

nose

trachea

lungs



Our body uses the respiratory system to breathe.

When we breathe, the air goes into our nose, down the trachea and into our lungs.

When we breathe in, our lungs expand. When we breathe out, our lungs contract.

EL CUERPO HUMANO

CABEZA

cráneo

cara

EXTREMIDADES SUPERIORES

brazo

mano

TRONCO

pecho

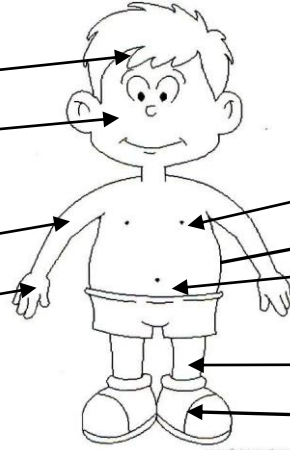
espalda

abdomen

EXTREMIDADES INFERIORES

pierna

pie



ARTICULACIONES

cuello

hombro

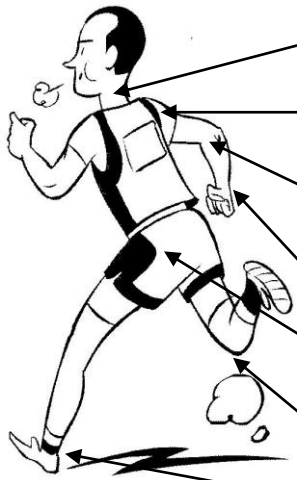
codo

muñeca

cadera

rodilla

tobillo



Para mover el cuerpo tenemos las articulaciones. Las articulaciones son uniones de huesos.

HUESOS

cráneo

vertebras

costillas

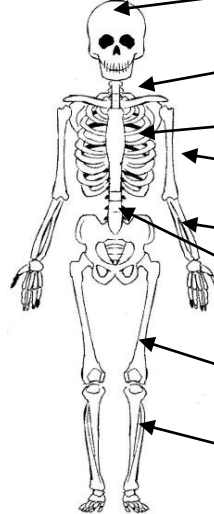
húmero

cúbito y radio

columna vertebral

fémur

tibia



Los huesos forman el esqueleto. El esqueleto sirve para que nuestro cuerpo se mantenga de pie. Son duros.

MUSCULOS

pectorales

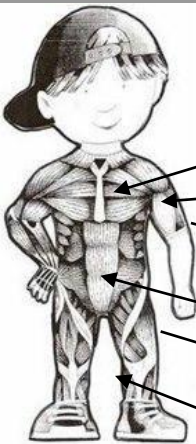
bíceps

tríceps

abdominales

glúteos

gemelos



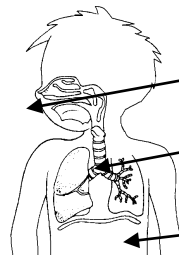
Nuestros músculos son blandos y elásticos. Recubren el esqueleto y están cubiertos por la piel. Cuando nuestros músculos se contraen y relajan, mueven los huesos.

SISTEMA RESPIRATORIO

nariz

tráquea

pulmones



Nuestro cuerpo usa el sistema respiratorio para respirar. Cuando respiramos, el aire entra por la nariz, baja por la tráquea y llega a los pulmones. Cuando inspiramos, los pulmones se expanden. Cuando espiramos, los pulmones se contraen.

HEAD AND SHOULDERS SONG <https://www.youtube.com/watch?v=h4eueDYPTIq>

BODY PARTS <https://www.youtube.com/watch?v=Zo9fQ9A6OrU>

SKELETON DANCE <https://www.youtube.com/watch?v=e54m6XOpRqU>


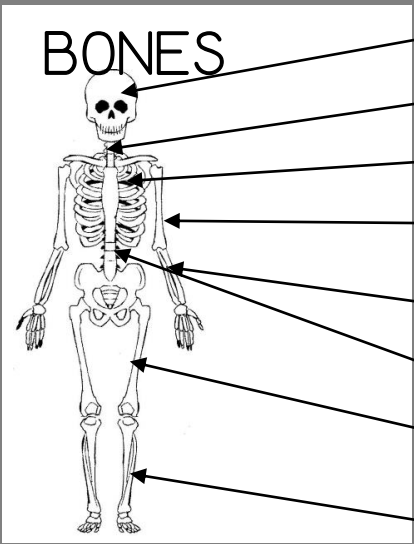
SISTEMA RESPIRATORIO <https://www.youtube.com/watch?v=thUI3RfZUms>

1. Write.

leg-arm-abdomen-chest-back-feet-skull
-face-head-hand

HEAD	TRUNK	LOWER LIMBS	UPPER LIMBS

2. Complete.

	JOINTS	BONES	
			

3.

4. Circle the correct words to complete the sentences.

The elbow is a joint / muscle.

The femur is a joint / bone.

The ankle is a joint / muscle.

The humerus is a bone / joint.

5. Circle the correct words to complete the sentences.

To help us bend and turn we have got joints/bones.

Our bones are hard/soft.

Our muscles are soft/hard and stretchy.

Our skin/muscles covers our muscles.

6. Is the sentence correct? Tick (✓) yes or cross (✗) no.

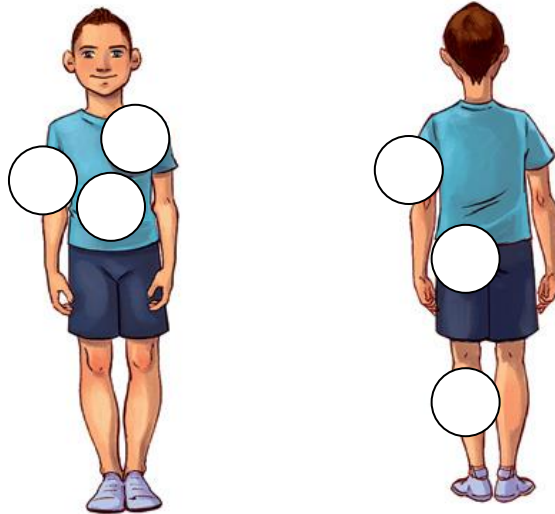
All the bones in our body are called a skeleton.	
Our skeleton helps us bend and turn.	
Bones help us bend.	
Bones are hard and rigid.	
Joints are where bones join.	

7. Write the names of the joints they are using.


	_____ : _____ :
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8. Label the muscles. Write the numbers in the correct circle.

- 1 abdominals
- 2 biceps
- 3 calves
- 4 gluteus
- 5 pectorals
- 6 triceps



9. Complete.

THE RESPIRATORY SYSTEM	
	_____ _____ _____