

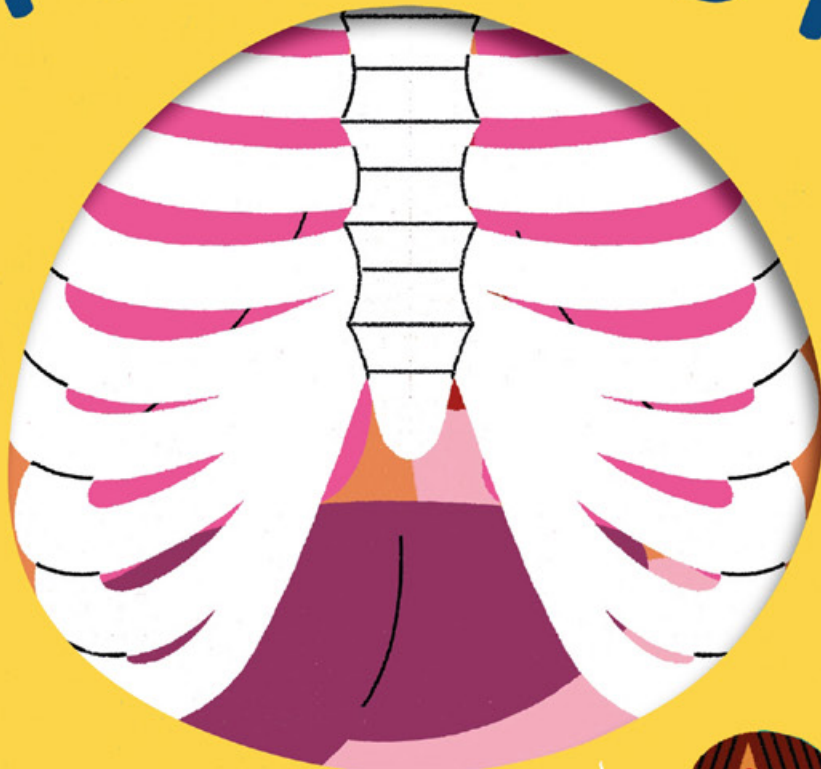
ACTIVITY PACK FOR KS1/KS2 TEACHERS



How do
my muscles
work?

Usborne
Step inside science

YOUR BODY



How do my
bones grow?



How do
I breathe?



USBORNE

Step inside science YOUR BODY



The activities in this pack are based on *Step Inside Science: Your Body*. They're designed as an introduction to the inner workings of our amazing bodies for teachers of KS1 / KS2 and their pupils.

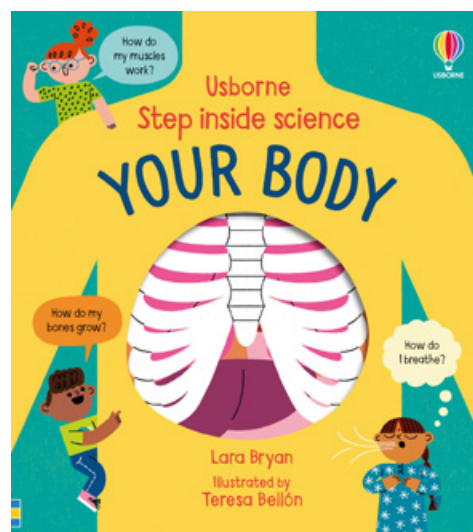
Subject checklist: Science / Literacy / Maths / PSHE



Scan the QR code, or go to <https://qr.usborne.com/2ta7v> to watch an introduction to the book from author Lara Bryan.

ABOUT THE BOOK

Discover how your body works in this brightly illustrated peep-through book. Find out what happens to food after you eat it, discover how and why you breathe, and learn how your growing muscles can lift heavy objects.



CONTENTS

INTRODUCTION: MY BRILLIANT BODY

Objective: to learn about the major organs

Activity: colour and label the major organs.

SPOTLIGHT ONE: THUMPING HEARTS AND DANCING PULSES

Objective: to learn about the heart using a non-fiction text

Activity: measure active and resting heart-rates.

SPOTLIGHT TWO: SENSATIONAL SENSES

Objective: to learn about the five senses and identify key body parts using a non-fiction text

Activity: complete the sensational senses experiments.

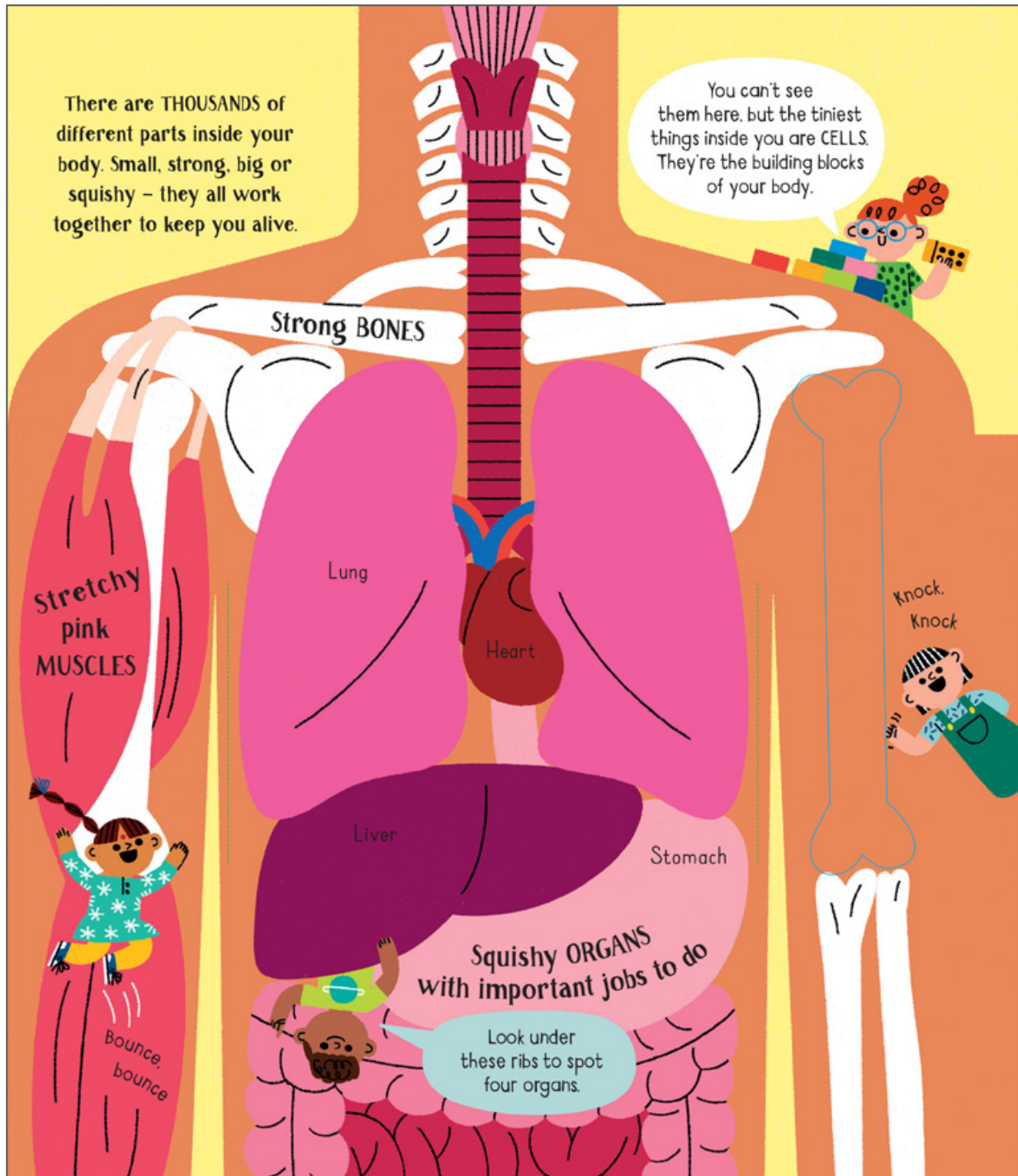
KNOWLEDGE CHECK: THE BRILLIANT BODY FACTS QUIZ!

Test learners' knowledge with a quiz made up of facts from the activity pack.



INTRODUCTION: MY BRILLIANT BODY

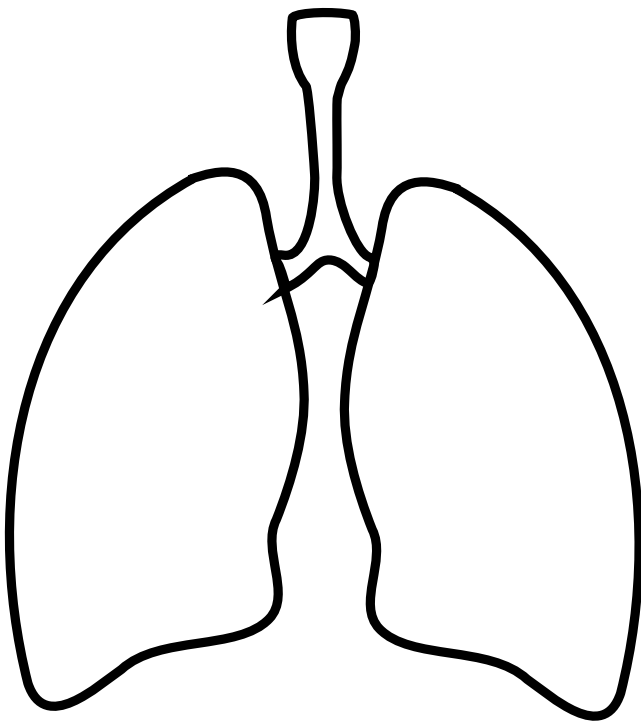
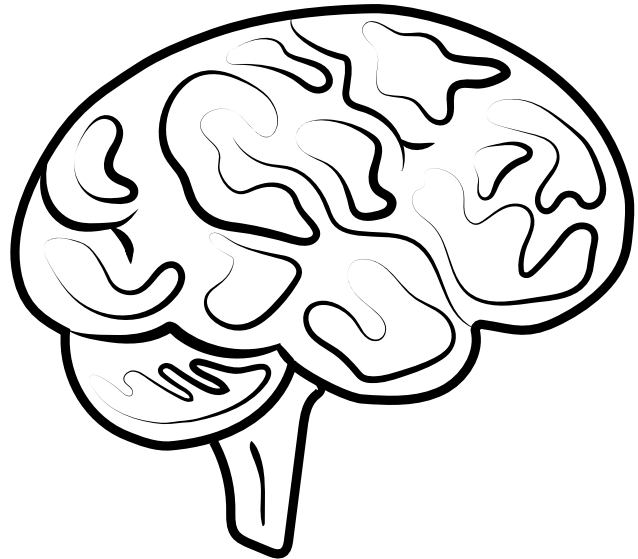
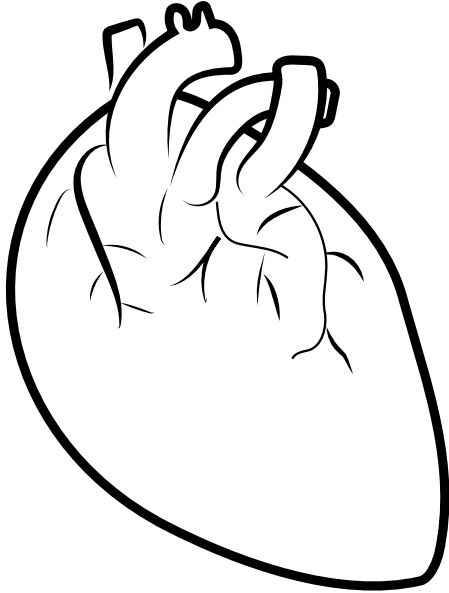
Look at the diagram of the human body below.
Can you name the main organs found under the ribs?

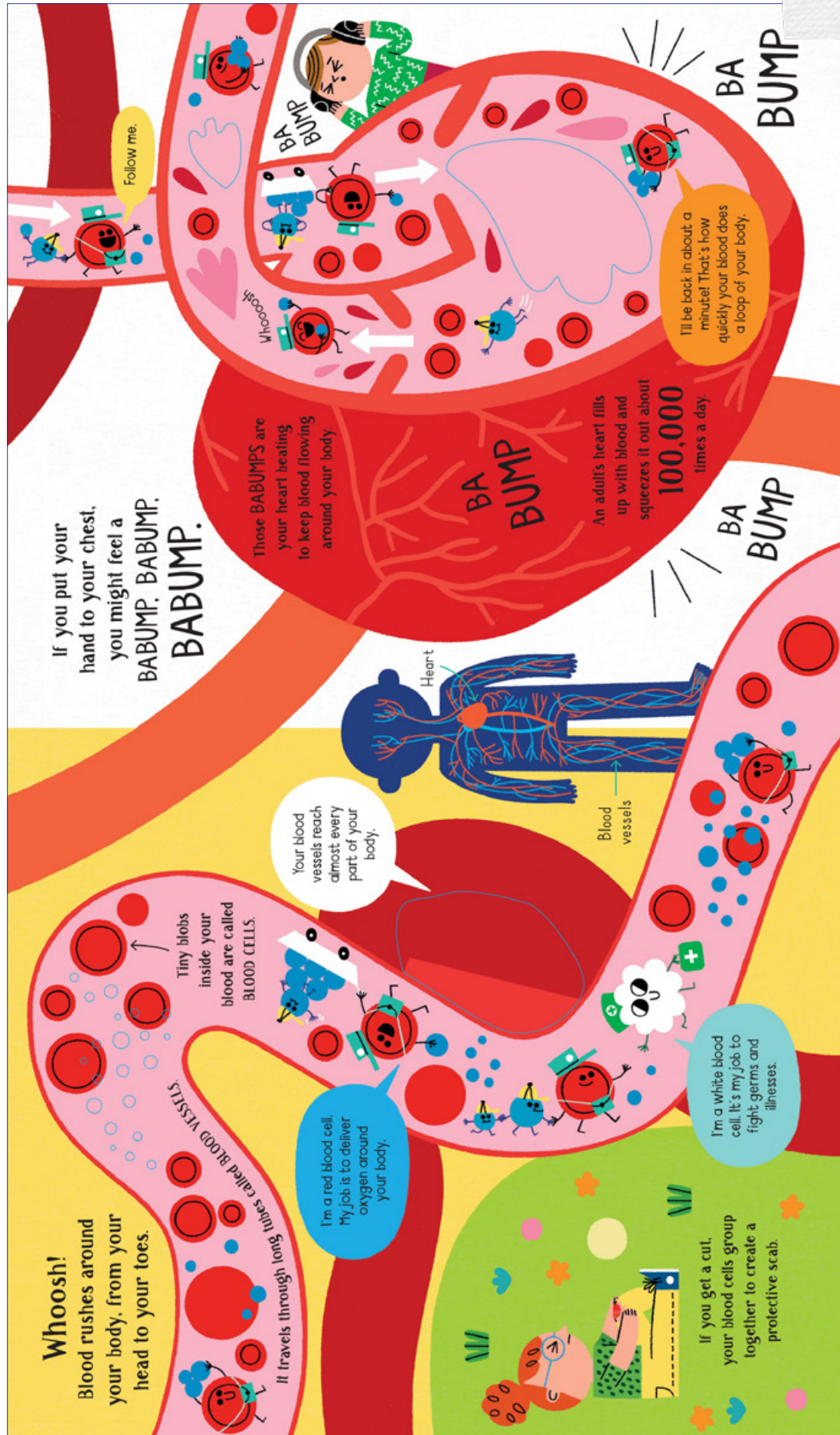


The heart, lungs, stomach, and liver are all important organs. They pump our blood, let us breathe in fresh air, and digest our food.

ACTIVITY

Can you colour and label these major organs?





Whoosh!

Blood rushes around your body, from your head to your toes.

It travels through tiny tubes called **BLOOD VESSELS**.

Tiny blobs inside your blood are called **BLOOD CELLS**.

Your blood vessels reach almost every part of your body.

I'm a red blood cell. My job is to deliver oxygen around your body.

If you get a cut, your blood cells group together to create a protective scab.

I'm a white blood cell. It's my job to fight germs and illnesses.

If you put your hand to your chest, you might feel a **BABUMP, BABUMP, BABUMP.**

Those **BABUMPS** are your heart beating to keep blood flowing around your body.

BA BUMP

An adult's heart fills up with blood and squeezes it out about **100,000** times a day.

BA BUMP

I'll be back in about a minute! That's how quickly your blood does a loop of your body.

BA BUMP



EXPERIMENT: DANCING PULSES

Did you know your heart beats faster after exercise?

Your heart pumps blood around your body to support vital organs and muscles. It slows back down when you rest.

We can put this to the test with an experiment.

Part 1:

Dance on the spot for one minute.

After a minute of dancing, stop and press your finger to your wrist to feel your pulse. Your teacher will set the timer to thirty seconds. In this time, see how many beats you can count.

Double the beats you counted and you will have your heart rate in beats per minute, or BPM.

BPM



Part 2:

Now rest for a few minutes.

Take your pulse the same way as before and write it down.

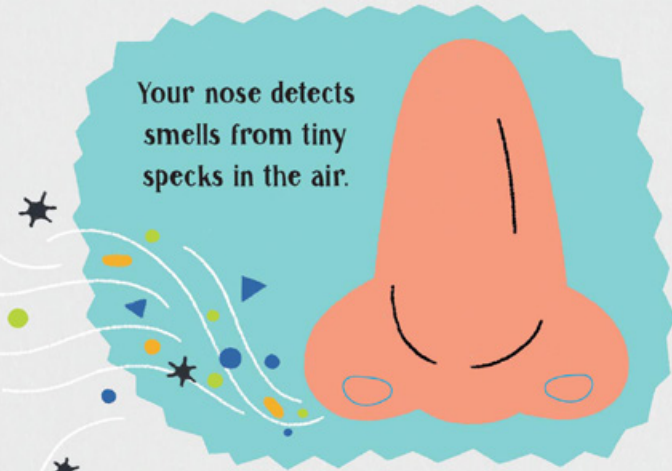
BPM



What difference do you notice between your two heart rates?

To find out about the outside world, your brain relies on your five SENSES – sight, smell, touch, taste and hearing.

Your nose detects smells from tiny specks in the air.



Your ear can pick up thousands of different sounds.

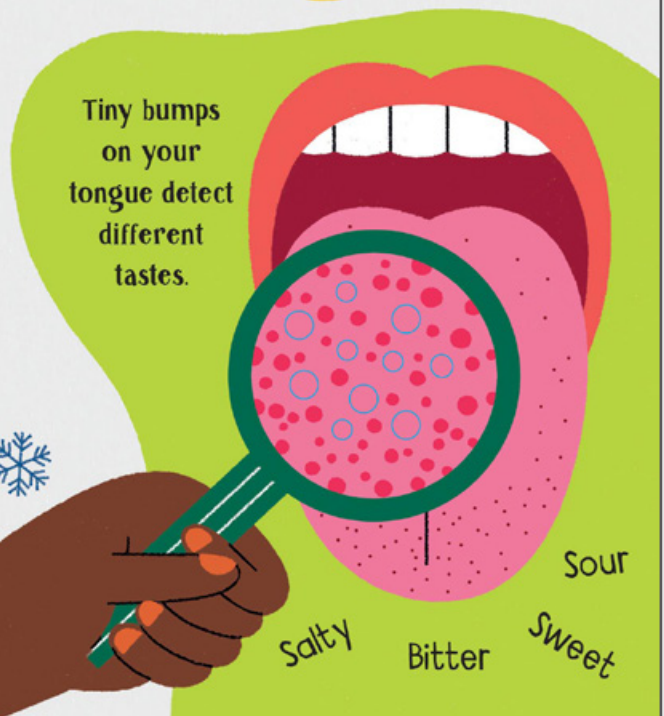


Eyes let light in through a hole called a pupil. They then turn the light into a message your brain can understand.

Pupil



Tiny bumps on your tongue detect different tastes.



Your skin tells your brain what things feel like.



SPOTLIGHT TWO: SENSATIONAL SENSES

As you know, we have five senses. Can you name them?

That's right, our senses are sight, smell, taste, touch, and hearing.

Using the information on the last page, match the correct body part to the correct sense.

nose

ears

eyes

skin

tongue

sight

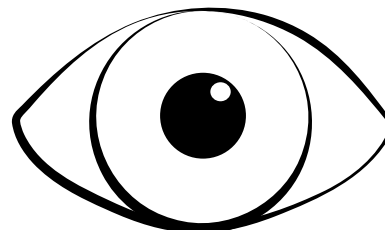
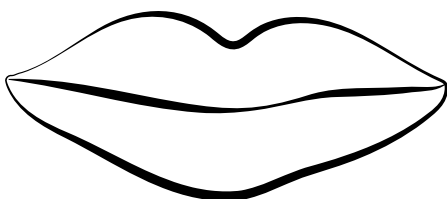
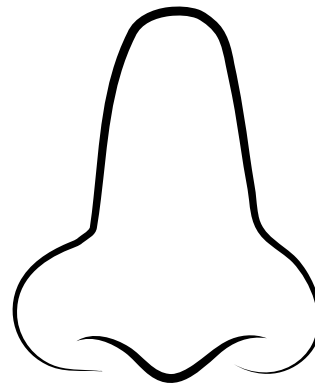
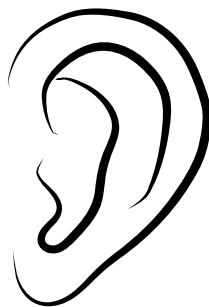
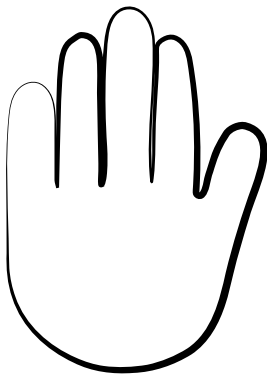
hearing

touch

taste

smell

Match the images below to the correct word. When you have finished, colour them in.



EXPERIMENT: TEST YOUR SENSES

The aim of these experiments is to see how well you use your senses. To complete the challenges you will need the help of your teacher.

1. Hearing challenge:

Your teacher will make or play three different animal sounds. Pick a word that describes the sounds you hear.

squeaky / loud / quiet / growly / high-pitched / low-pitched

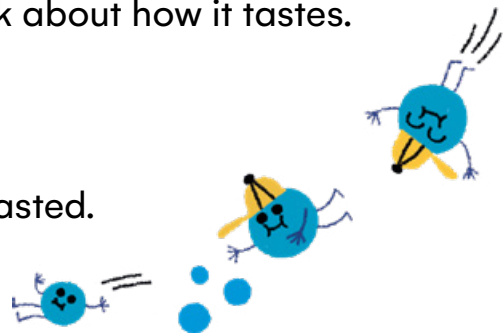
Now you've heard the sound, can you work out which animal it is?

2. Taste and smell challenge:

You or a volunteer from your class will taste a piece of fruit while blindfolded. To help identify the fruit, think about how it tastes.

sweet / sour / bitter / salty

Now try to guess which type of fruit you tasted.



3. Sight challenge:

You will have thirty seconds to look around the room and spot as many different coloured objects as possible.

4. Touch challenge:

Your teacher will put three objects into three boxes. Take turns putting your hand in the cardboard boxes and try to describe the objects.

soft / smooth / spikey / squishy / hard

Can you work out what the objects are?

THE BRILLIANT BODY FACTS QUIZ!

Read the facts below. Based on what you've seen in the activities, are they true or false?

1. Your ears can pick up thousands of different sounds.

TRUE / FALSE

2. Your eye lets in light through a hole called the pupil.

TRUE / FALSE

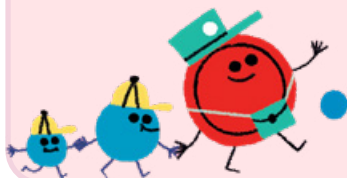
3. The tiniest parts of your body are called cells.

TRUE / FALSE

4. Your blood contains red and white blood cells.

TRUE / FALSE

5. An adult's heart pumps blood 1,000 times a day.



• TRUE / FALSE

Answers:

1. True, 2. True, 3. True, 4. True, 5. False — it's 100,000 times a day.

THANK YOU FOR USING THESE RESOURCES! WE HOPE YOU ENJOYED THE EXPERIMENTS AND ACTIVITIES. WE WOULD LOVE TO SEE ANY WORK YOU HAVE CREATED. PLEASE SHARE WITH US ON TWITTER @USBORNE

