

Year 2 Science Domain - Human Body Systems

Movement

- Gymnasts need to have **flexible** bodies.
- Gymnasts need strong muscles in their abdominal, pelvic and back muscles.
- **Jumping, running, handstands and the plank pose** are movements.



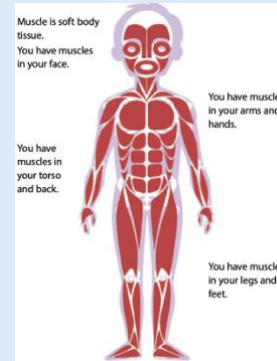
Bones

- Bones hold up the body and help it to move
- A **joint** is a place where the body can bend, such as the jaw, knees or shoulders.
- **Calcium** helps our bones to grow strong. Calcium is found in **milk and dairy products and leafy vegetables**
- The **skull, ribcage, finger bones, foot bones, arm bones and leg bones** are parts of the skeleton.



Muscles

- Muscles are parts of the body.
- **Exercise can make muscles stronger.**
- The **heart is a muscle** and pumps blood



Breathing

- The **nose, throat, windpipe, lungs, and diaphragm** are body parts needed for breathing.
- Breathing brings fresh air into the body and gets rid of old air.
- The **body needs more air when it exercises** than when it is resting.



Pumping Blood

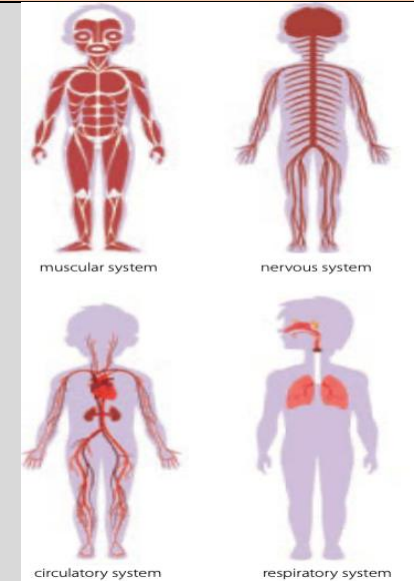
- Our heart beats all the time, **pumping blood** around the body
- **Our heart beats faster when we exercise.**
- Your pulse can tell how many times your heart beats in a minute

Body Control

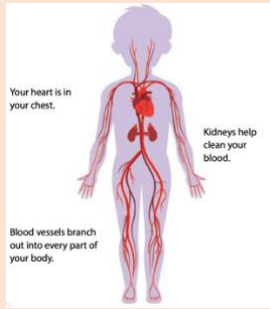
- The brain controls nearly all the things the body does, including thinking and movements.
- **Nerves** send information between the brain and the rest of the body.

Science in Action – Physiologists and Anatomy

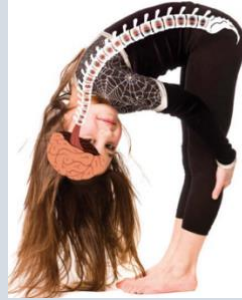
- Viruses can make people sick, but there are vaccines that can protect them.



- The heart pushes blood through **blood vessels** around the body.



- The **spinal cord** is where **nerves** meet to connect to the brain.



- Some people have had the Covid 19 **vaccine** to protect them from the Covid 19 virus.

