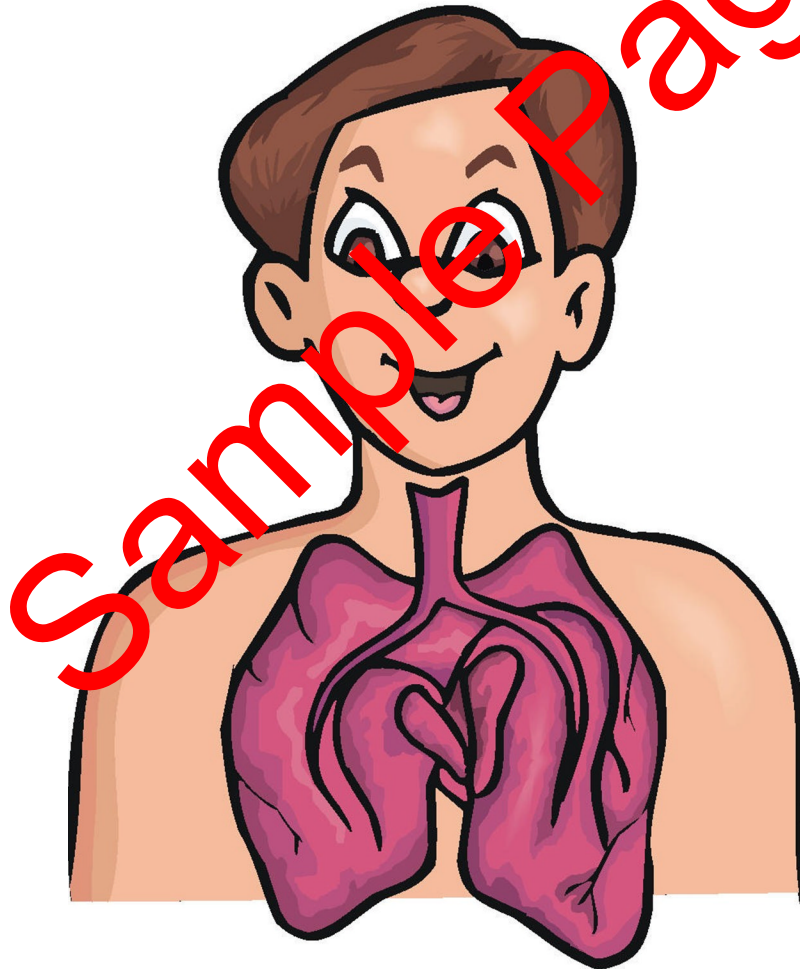




Grades 4-8

# Inside My Body

Unit Study



A Journey Through Learning  
[www.ajourneythroughlearning.com](http://www.ajourneythroughlearning.com)

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Thank you for purchasing from **A Journey Through Learning**. We hope that you enjoy our unit study entitled **Inside My body**. Getting started is easy.

First, take the time to just browse through the pages to familiarize yourself with the layout. In this book, you will find many topics.

Each topic has a(an):

- \* information page
- \*correlating activity pages
- \*vocabulary words

### **Information Page**

Each of the topics has an information page to read to your child.

### **Activity Page**

After the information page has been read, it is time to do the activity that is found right after the information page. Some of these activities are more for fun while others are more challenging. All of them will enrich your child's understanding and knowledge of each topic.

### **Vocabulary Cards**

We have included cards on which your child can write the definitions of various important words from the study. We have also included a fun pocket for your child to make to store the cards.

Sample Page

## How Long Does it Take to Complete A Unit Study?

Doing a study guide page and an activity sheet a day, it should take about one month to complete. However, you can expand the study portion and make it last as long as you like! That's the beauty of homeschooling! Do it YOUR way!

## Study Choices

Choice #1- Read the first page of the study guide. Then use the internet and fun children's books to learn more about the topic that is covered in that study guide. For instance-our American Indians Unit Study has a study guide page about Geronimo. Dig into Geronimo. There are probably lots of interesting things to learn about him that the study guide does not cover. Spend a day on Geronimo or spend a week! When your child has completed studying that particular topic, it will be time to do the activity sheet for that topic. The activity sheets are found right after the study guide page that it goes with.

Choice #2- Read only the study guide page and do the activity sheet that goes with it. The activity sheets are found right after the study guide page that it goes with. You may choose to do one study guide/activity sheet per day, two per day, two per week, three per week, etc. It doesn't matter. The pace is completely up to you. At one per day, it will take about a month to complete this unit study.

## Tips and tricks to go the extra mile!

### Supplies Need:

½ inch three-ring binder

8 tabs (if you are using our copywork and/or notebooking pages, you will need to have 10 tabs. Label with copywork and notebooking)

Your study guide and activity sheet pages

1. Label your tabs: Study Guide, Activity Sheets, Book Log, NICK, Biography Reports, Outlines, and Narration pages (Copywork and Notebooking, if using these).
2. Make copies of NICK notes and outline forms and narration forms, put them behind the tabs. Your child can use either the NICK notes form (easier) or the outline form (a bit harder) after any of the study guides. The narration forms also come in two levels. Choose the correct level for your child. These serve as a good way for your child to show what they have learned.
3. Hole punch your study guide and activity sheets and place behind the correct tab. You will read a page of a study guide. Behind the study guide are all of the activities that go with that study guide.

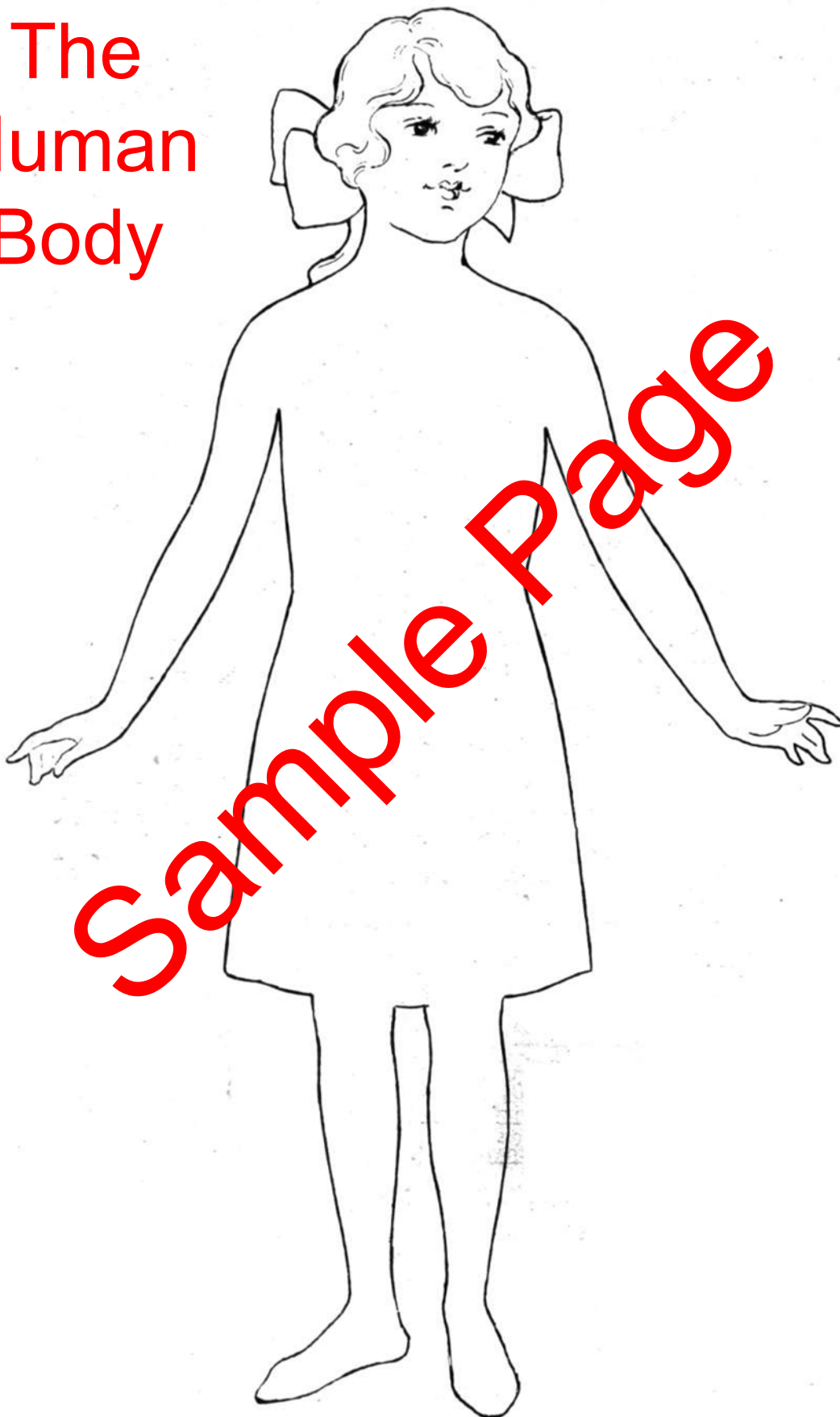
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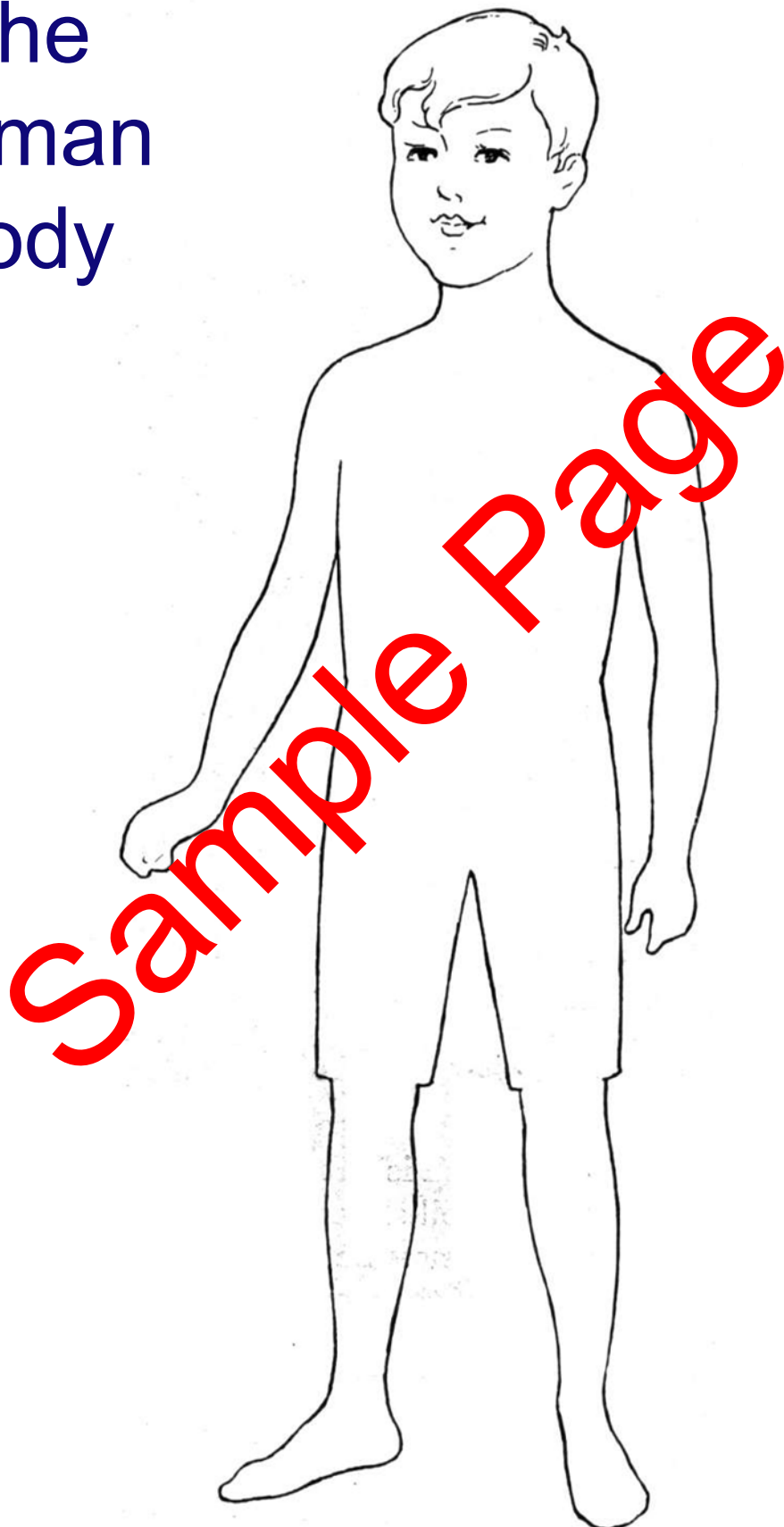
As you study the different bodily organs, draw them on the model. A male model is also provided.

# The Human Body



As you study the different bodily organs, draw them on the model. A female model is also provided.

# The Human Body



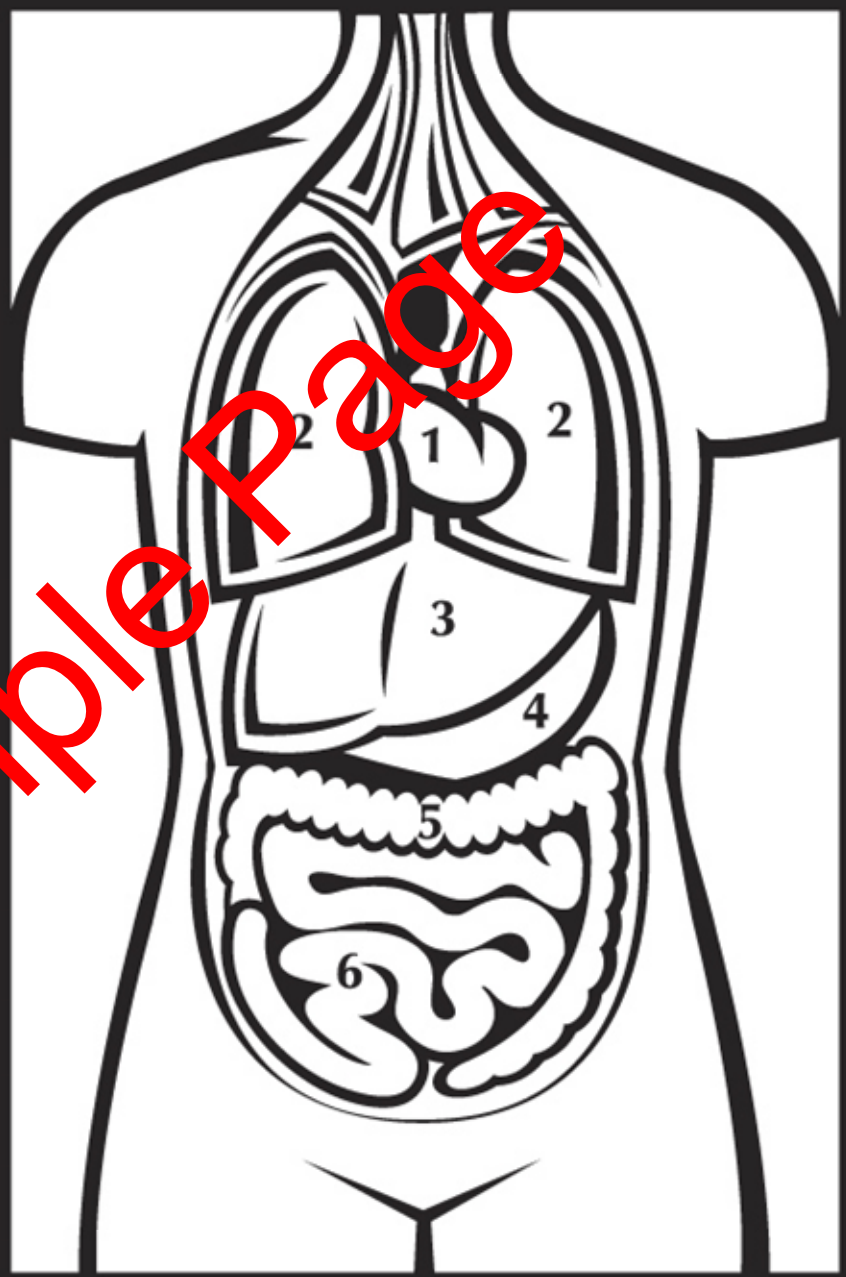


Color the body organs as you learn about them.

## BODY ORGANS

Color the body organs

1. HEART
2. LUNGS
3. LIVER
4. STOMACH
5. LARGE INTESTINE
6. SMALL INTESTINE



## What Does the Bible Say?

The Bible tells us in Genesis 1:27 that God created man in His own image, in the image of God He created him; male and female He created them. This means that with His own hands He carefully designed us.

According to scientists, human beings are the most complex organisms on this planet. Our bodies are a single structure, but they are made up of billions of smaller structures.

If we take the time to explore our bodies, we will come to appreciate just how important we are to God and how much love and care He put into us.



Use with **What Does the Bible Say** study guide. We are all created in the image of God. Using a mirror, draw a picture of yourself.



Copy the Bible verse in your best handwriting

**Genesis 1:27**

27 So God created man in His *own* image; in the image of God He created him; male and female He created them.

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# The Skeletal System

Have you ever wondered what would happen to your body if you did not have bones? Without these bones (your skeletal system), you would just flop around. You would not be able to stand, walk, or run! Your bones serve many purposes.

Your skeletal system consists of **bones, cartilage, ligaments, and tendons**. It makes up about 20 percent of the weight of your body. The main structure is your backbone. It is what allows you to stand upright. Your other bones help protect the delicate, soft parts of your insides. Your soft brain, like the rest of your body, is protected by bones. It is called the **skull**, or cranial bones. Your skull is a series of fused bones and acts like a hard, protective helmet for your brain. There are six parts to the cranial bones: one frontal, two parietal, 2 temporal, and 1 occipital.

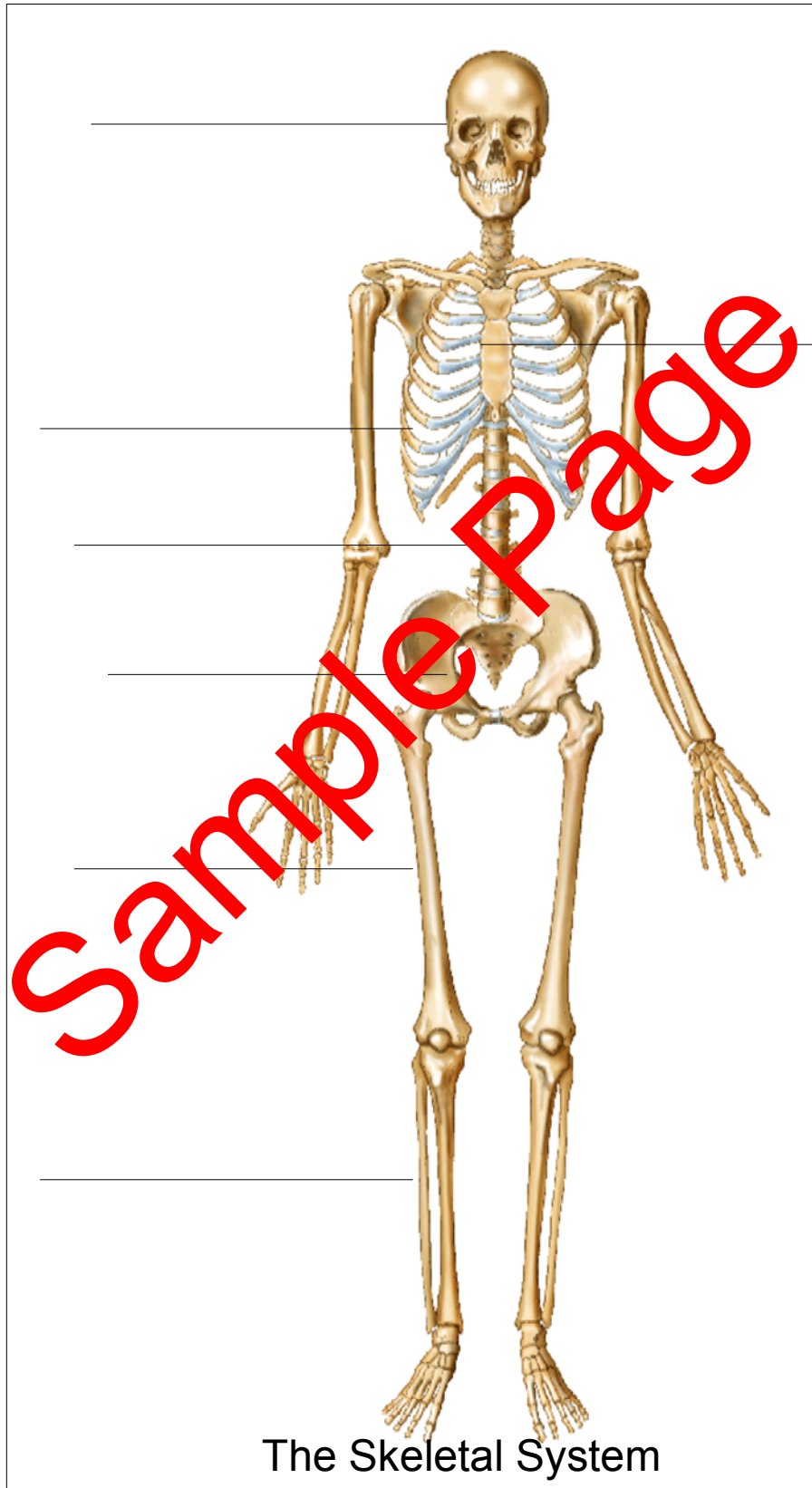
Your **spinal column** (inside your backbone) is surrounded by hundreds of nerves and is protected by smaller bones, linked together, called **vertebrae**. You also have built-in protective armor called the **rib cage**. Your rib cage protects the heart and lungs of the thorax. The bones in our body contain more calcium than any other organ.

Bones are composed of thousands of living cells. The cells rely on blood to help them grow and repair themselves. Blood serves as the lifeline by bringing the bone cells food and oxygen and taking away waste. Without these living cells, broken fingers and toes would never heal.

Most bones are hollow. This hollowness makes bones strong but light. The center of many bones contain the bone marrow. Bone marrow is responsible for making new red and white blood cells. Red blood cells help ensure that oxygen is distributed to all of your body parts. White blood cells fight off diseases and kill germs.

Scientists divide the human skeleton into two parts. The first is called the **axial skeleton**. It is made up of the bones that form the support and protection of your head, neck, and trunk. The axial part includes the skull, sternum, ribs, and vertebral column. The second is called the **appendicular skeleton**. It is made up of the bones that hold together the parts of the axial skeleton. This section includes the upper and lower extremities, shoulder girdle, and pelvic girdle.

Use with **The Skeletal System** study guide. Cut out the labels on the next page and glue onto the skeleton in the correct location.



Cut out the labels and glue onto the skeleton on the previous page.

Lower extremities

Vertebral Column

Skull

Ribs

Pelvic girdle

Upper extremities

Sternum

Sample Page