

## Physical Ed. Packet 2021

### Body Systems

1. The tonsils belong to which system? Lymphatic/Integumentary/Digestive
2. Hairs in the skin belong to which body system?  
Nervous/Integumentary/Muscular
3. Which system collects “trash” from the body and also helps with fighting pathogens? Lymphatic/Digestive/Respiratory
4. The eyes belong to which system? Nervous/Muscular/Integumentary
5. Which organ does not fit with the rest? Brain/Skin/Nerves/Spinal Cord
6. The pancreas belongs to which system?  
Digestive/Respiratory/Cardiac/Integumentary
7. The skin is part of which system?  
Integumentary/Endocrine/Skeletal/Muscular
8. Which term does not belong with the others? Skin/Joints/Cartilage/Bone
9. The liver belongs to which system?  
Lymphatic/Digestive/Respiratory/Cardiovascular
10. The spleen belongs to which system?  
Lymphatic/Digestive/Nervous/Endocrine

# **Integumentary Body System**

1. What are the four functions of the skin?
2. What is the name of the top layer of the skin?
3. Dermal papilla holds the epidermis on the what?
4. What is the name of the organelles that give off melanin that give us dark color skin?
5. Stratum corneum are also known as what?
6. What is the middle layer of the skin?
7. What are the two glands found in the dermis?
8. What is the bottom layer of the skin?
9. Hypodermis is also known as what?
10. The nails are filled with what?

# **Respiratory Body System**

1. What are the three functions of the respiratory system?
2. What are the twelve components of the respiratory system?
3. What are the three functions of the conchae?
4. Once air enters the nose and mouth, it goes through the pharynx, trachea and where else?
5. What occurs when air when the air enters the alveoli sac?
6. What are the four minor disorders?
7. What are the three major disorders and their causes?
8. What are eight known components we can do to maintain our respiratory health?
9. What is a symptom of a common cold?
10. What medicine do you take for a common cold?

# **Circulatory Body System**

1. What is the function of the circulatory system?
2. What is the primary organ of the circulatory system?
3. What does it pump throughout the body?
4. What carries deoxygenated blood into the lungs?
5. What carries the functional blood supply to all the body tissue?
6. What are the names of the four chambers of the heart?
7. What chambers collect blood into the heart?
8. What chambers pump blood out of the heart?
9. What are the four valves of the heart?
10. What divides the heart into two sides?
11. What side of the heart pumps deoxygenated blood?
12. What side of the heart pumps oxygenated blood?
13. The amount of blood pumped out of the heart per minute is known as what?
14. What are the three main blood vessels?
15. What transports blood away from the heart to the tissues?
16. What transports blood away from the tissues to the heart?
17. What are the four components of blood?

<https://youtu.be/yaXna8LmoiY>

## **Physical Education**

1. Stretch for 10 minutes every day of the week.
2. Jog in place for 5 minutes 3 times a day.
3. Do thirty push-ups twice a day in the morning and afternoon.
4. Do thirty sit-ups twice a day in the morning and afternoon.