

Growing Healthy in Fourth Grade

By Jenny Underwood

Welcome to our nine-week health course. You may divide these lessons up into 2 mini-lessons per week or one longer one per week. Just choose what best fits your schedule!

Lesson 1: Read Psalms 139:14–17

Our bodies are amazing! God has created them so intricate that man still does not understand everything about them! You are fearfully and wonderfully made by God. You are his workmanship. So, let's learn about our wonderful bodies.

The human body has 11 main systems that control specific parts all over our bodies.

Question: Can you name any of the systems?

Answer: cardiovascular, digestive, skeletal, muscular, nervous, respiratory, lymphatic, endocrine, urinary, integumentary, (and reproductive)

***Parents: Feel free to use or not use the links provided with each system. They include visuals. Consider previewing them before using them.*

- The *cardiovascular system* controls the blood flow through your heart and body.
<http://www.worldbookonline.com/kids/home#article/ar830876>
- The *nervous system* controls your brain and nerves which, in turn, control your muscles, speech, etc.
<https://www.worldbookonline.com/kids/home#article/ar831222>
- The *digestive system* processes your food and its waste.
<https://www.worldbookonline.com/kids/home#article/ar830653>
- The *skeletal system* is your framework of bones that hold you up.
<https://www.worldbookonline.com/kids/home#article/ar846663>
- The *respiratory system* is the lungs and the trachea that bring air into the body.
<https://www.worldbookonline.com/kids/home#article/ar831835>
- The *muscular system* enables the body to move using muscles.
<https://www.worldbookonline.com/kids/home#article/ar846665>

- The *lymphatic system* comprises a network of lymphatic vessels that carry a clear fluid called lymph. Defends the body against pathogenic viruses that may endanger the body. https://kids.kiddle.co/Lymphatic_system
- The *endocrine system* provides chemical communications within the body using hormones. <https://www.worldbookonline.com/kids/home#article/ar846664>
- The *urinary system* is where the kidneys filter blood. <https://www.worldbookonline.com/kids/home#article/ar835441>
- The *integumentary system* / *exocrine system* skin, hair, nails and sweat and other exocrine glands. http://www.biology4kids.com/files/systems_integument.html / https://kids.kiddle.co/Exocrine_gland
- The *reproductive system* comprises all organs designed to produce offspring.

Question: What do you think is the most important system in our body?

Answer: There isn't just one. They all work together to keep us running smoothly!

Activity:

Go to the World Book resources below and view the pictures and descriptions of the systems. Just click on the link to take you to the World Book login.

- <http://www.worldbookonline.com/kids/home#article/ar830046>
- <http://www.worldbookonline.com/kids/home#article/ar830876>
- <http://www.worldbookonline.com/kids/home#article/ar830946>
- <http://www.worldbookonline.com/kids/home#article/ar831520>
- <http://www.worldbookonline.com/kids/home#article/ar830653>
- <http://www.worldbookonline.com/kids/home#article/ar846665>
- <http://www.worldbookonline.com/kids/home#article/ar846663>
- <http://www.worldbookonline.com/kids/home#article/ar846662>

Test your knowledge of the body's systems. Simply click on the link and log into your world book account.

<http://www.worldbookonline.com/kids/home#games/sorting/gm300051>

Writing: Write at least one page on the importance of your body's systems. You may reference the articles listed above.

Optional: Memorize Psalms 139:14–17 and write down or illustrate it using colored pencils, marker, paint, etc.

SAMPLE