Name:_____

Date:_____

Lesson 1: Made To Move Guided Notes

1. The skeletal system gives the body structure, protects internal organs, and produces _____.

2. The muscular system creates movement through the contraction of _____.

3. The nervous system provides communication between the brain and the body's _____.

4. The endocrine system regulates activities through the production of _____.

5. The cardiovascular system circulates blood through the body using the heart, arteries, veins, and _____.

6. The lymphatic system helps maintain blood volume and assists the _____ system by catching invading bacteria.

7. The respiratory system oxygenates blood and helps regulate blood _____.

8. The digestive system processes food into molecules for absorption and eliminates waste through _____.

9. The urinary system regulates body fluids and removes waste through _____.

10. The reproductive system produces offspring and certain _____.

11. A house, like the human body, is made up of interworking _____.

12. The plumbing system in a house brings water to the _____ heater.

13. Strenuous movement like running and biking stretches lung fibers, allowing the lungs to take in more _____.

14. Strenuous movement enhances the lymphatic system, which improves the oxygenation of _____.

15. An elevated heart rate improves blood pressure and the circulatory system's ability to carry blood and its _____.

16. Movement like brisk walking or swimming helps improve _____.

17. Strength training with weights improves _____ density.

18. Movement enhances sleep quality, which improves overall cellular _____ of the body's systems.

19. The body strives to maintain internal stability, also known as _____.

20. Homeostasis is more readily achieved through movement rather than _____.

Answer Key:

1. red blood cells
2. muscle fibers
3. systems
4. hormones
5. capillaries
6. immune
7. pH
8. defecation
9. urinary excretion
10. hormones
11. systems
12. water
13. oxygen
14. blood
15. nutrients
16. digestion
17. bone
18. repair
19. homeostasis
20. relaxation