

Check your progress

- 1 State whether each of the following statements is true or false. Correct the false statements.
 - a The heart pumps air around the body.
 - b Your heart beats faster when you exercise.
 - c Your pulse rate tells you how fast you are exercising.
 - d Blood moves around the body in special tubes called blood vessels.
 - e The veins carry blood to all parts of the body.

- 2 Marcus and Arun measured the pulse rates of some of their friends before and after exercising for three minutes. These are their results.

Name	Pulse rate before exercise	Pulse rate directly after exercise
Marcus	91	120
Arun	88	122
Jamal	90	128
Kai	89	125

- a What equipment did they need to measure the pulse rates?
 - b Draw and label a bar graph of the pulse rates measured before and after exercise.
 - c Use the results to make a conclusion.
 - d Predict what would happen to the pulse rates if they were measured 10 minutes after exercise. Give reason for your prediction.
- 3 Name each of the following:
 - a the body organs used for breathing
 - b the gas we need to breathe in
 - c the gas our bodies must get rid of
 - d the substance that carries the gases around the body
 - e the muscle that helps us breathe
 - f the part of the skeleton that protects the breathing organs

Continued

- 4 a What is puberty?
- b Describe two body changes that happen in both boys and girls during puberty.
- 5 a Match each of the body's defences with the way it helps to protect the body from disease.

Body defence	How it protects the body from disease
tears	traps germs
mucus	stops bacteria entering the body
stomach acid	contain a chemical substance that kills some bacteria
skin	kills bacteria in food we have eaten

- b Explain why we should clean cuts and wounds and cover them with a plaster.