About the Teacher-Author

Hello, my name is Kristin. I have a bachelors in elementary and special education and a masters degree in literacy. I have been a self-contained middle school special education teacher for the past ten years. Prior to that, I taught fourth grade for one year.

Currently, I live on Long Island with my husband and our furry child, Samson. In my spare time, I love painting and kickboxing.

Thank you so much for your purchase. If you enjoyed this resource, please leave feedback. This helps me out but it will also help you build credits to earn FREE resources in the future. If something was NOT to your liking, please email me at SamsonsShoppe@gmail.com. Allow me the opportunity to correct the issue. Don't forget to click the green star to follow me and learn about sales and new resources.

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Sneak peek into my classroom...

Thank you so much for your purchase. Now that you have this material in front of you, are you wondering how to implement it into your classroom? Below is an explanation of how I used this with my students in my classroom. Please remember that you can choose to follow how I taught it or adapt to meet the needs of your unique classroom. Feel free to get creative and do what works for you!

Nonfiction texts are often the building blocks to my units. This is one way for students to get and begin to understand information as well as touch upon important *Common Core State Standards: Reading Standards for Informational Text*. Depending on the topic and class time determines exactly how we will use them in the classroom. This can vary from year to year depending on the grouping of students.

Often, we will tackle the text together. Having a Masters degree in Literacy allows me to put use some of the skills and strategies I learned. While reading, students are practicing reading aloud fluently. Through scaffolded questioning, we can tackle tough vocabulary words and sequence how these concepts are taking place. You can also employ close reading strategies to allow your students to look deeper into the text.

When you are short on time, having students read this in small groups or independently as a homework assignment will allow you to free up class time and take their learning further with engaging hands-on activities.

If you have any questions, please visit my blog at www.samsonsshoppe.com or email me at SamsonsShoppe@gmail.com.

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Doodle sketch notes are one of my favorite activities to introduce to my students. Being a visual learner myself, I immediately loved this method of learning. Studies have shown that when coloring is intertwined into a subject area, especially for older students, the retention rate is higher. The reasoning is because both sides of the brain are working at once which allows more connections to be made to the activity. The more brain connections made, the better retention rate!

When using this in my classroom, I use it as a review tool. I have used it a few different ways. Depending on time, we may complete it as a whole class activity. I will project it on the Smartboard and call on students to help me fill in the graphic organizer. If time allows, students can use their notes and work collaboratively or independently to fill it in.

Some students will LOVE the coloring aspect, usually the boys which may surprise you, others need to buy into it. At times I will offer two extra credit points but over time students really like to see the colorful page in their binders and will admit that it has helped them retain the information.

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Tips for Using Google Slides

Congratulations on purchasing your Google Drive product. This product was designed in Google Slides. Here are some tips to help you work more efficiently with this program.

- Text boxes where students will type their answers are already created in Slides, however, if your students are like mine, they will accidentally delete them. In order to create one, simply click on the  at the top of the screen to create a new one.
- Sometimes the text can look small in Slides. If your students have trouble, have them click on the  to the left of the textbox key. Then tell them to click on the area of text they would like to ZOOM in on. *Important - After clicking this key, you will need to click the pointer to resume typing. It is located to the right of the text box key.*
- Need to ZOOM out? Click on the  , it is to the left of the ZOOM in key. This will restore your view. *Important - After clicking this key, you will need to click the pointer to resume typing. It is located to the right of the text box key.*
- Remind students that Google Drive saves everything automatically. If you want to save to another device, simply click "File", "Download As" and choose how they wish to save it.

How to Access Your Google Drive Product:

1. Click on the title to download the product:

Human Body Exercise Activity

The Google Slides BACKGROUND CANNOT be edited.

Have questions about how to assign one slide at a time? Check out this helpful blog post with a screencast and step by step directions here.

2. Create a FREE Google Account if you do not have one already.

3. Open the file.

4. *Very Important* The product was created for you to "View Only". This protects my original. You need to go to "File", "Make a Copy". Rename the file or simply delete the "Copy of". Now you can make edits to certain areas of the product.

Student Use:

You can share the product with your students in a few different ways.

First, you need to click on the "Share" button on the upper right hand side of the screen 

. From here you have two options. NO matter which one you choose, please remember to change the setting to "Can View".

If you do not do this, students can inadvertently edit the product. While you can click the undo button found on the upper left hand side of the tool bar  , this can be annoying, so avoid it and click "Can View" to force them to make their own copy.

Then you can either share the link with your students or you can email it to them. If you choose to email it, you will have to input their addresses. After the first time, it will remember it so you will only have to type in the first few letters.

Another way to share this product with your students is to go to Google Drive and locate the product. Create a folder for your class. Input all email addresses (my school provides them for my students). This will now become a Shared Folder with your students.

Then use your mouse to move the product into the shared folder with students. Students will be able to locate the product in their "Shared with Me" portion of Google Drive.

Students will then have to "make a copy". I tell my students to change the title to include their first and last name so that I can grade it accurately.

When students have completed the assignment, they can click "Share" 

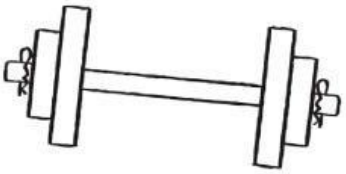
, which is located on the upper left hand side of the screen. Students can put in your email address. You will then find their file in your "Shared with Me" file in Google Drive.

If you chose to place it in the Shared Folder, they could also leave their copy in there for you to grade.

I hope you enjoy this paperless product. While following the steps above, you will be completely paperless, the product can also be printed out and used. This is great for students who have an program accommodation on their IEPs of "copy of class notes". Simply print or share and there is their copy.

Name: _____ Date: _____

How Does Exercise Affect the Human Body?



Directions: Read to learn the effects of exercise on the human body.

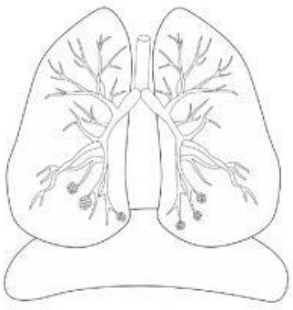
Did you know that scientists and doctors believe that children and adolescents ages 6 through 17 years should get 60 minutes or more of physical activity each day? Physical activity is often referred to as exercise. Exercise allows the body to sweat, breathe heavily, and get the heart beating quickly.

There are different ways to get physical activity. Aerobic exercises like running, swimming, and biking increase heart rate and breathing. Anaerobic exercises, or muscle-strengthening activities, like playing on a jungle gym, push-ups, and gymnastics build strong muscles, bones, and joints. Doctors recommend a mixture of both types of exercise throughout the week.

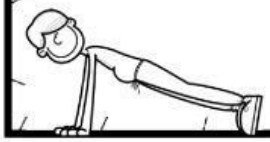
How does exercise affect the human body's systems?

Your body is made up of different systems that work together to function properly. Exercising affects each body system directly.

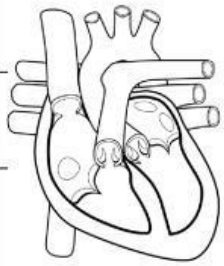
Respiratory System: The main function, or job, of the respiratory system is to take oxygen into the lungs and to get rid of carbon dioxide and water. The oxygen is supplied to all cells throughout the body. Major organs of the respiratory system include the lungs, mouth, nose, trachea (windpipe), bronchi, and alveoli.



Exercising makes your lungs work harder, as you need to breathe faster and heavier to take in more oxygen. Exercise increases the amount of oxygen the lungs can take in. The more oxygen that is taken in, the more that is sent to the blood cells.



Circulatory System: The circulatory system is made up of your heart, blood cells, and blood. The circulatory system is important to your body because it delivers substances to your cells, carries waste away from the cells, and helps to regulate your body temperature.

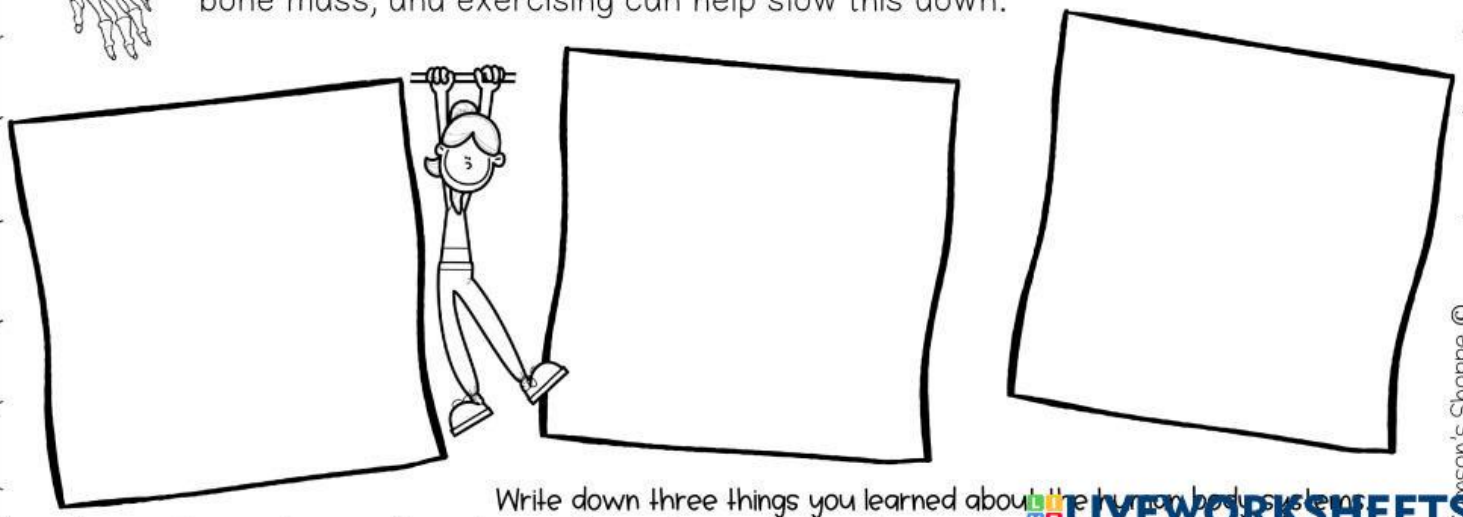


Exercising helps the circulatory system because it pumps more blood with each heartbeat. This helps to increase blood supply throughout the body. Exercise also reduces the chances of having a heart attack or stroke and reduces blood pressure.

Muscular System: Your body has around 600 muscles in it. The muscular system is important to us because it helps our bodies move. When we exercise, we can build our muscles to become even stronger. Strong muscles can protect bones from injury and protect joints from developing arthritis. Arthritis causes swelling and stiffness in joints, which are areas where bones meet. Strong muscles also help with balance, coordination, and stability when we move.

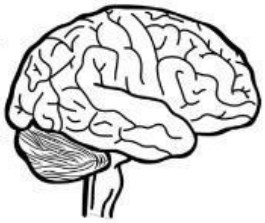
Skeletal System: The skeletal system is made up of bones, cartilage, and marrow. There are 206 bones in the human body. Bones are the foundation of the body, giving it its shape, protecting internal organs, providing movement, and producing blood cells.

When you exercise, your bones will continue to build bone and become denser. This will help to prevent the bone from breaking. As you age, the body loses bone mass, and exercising can help slow this down.

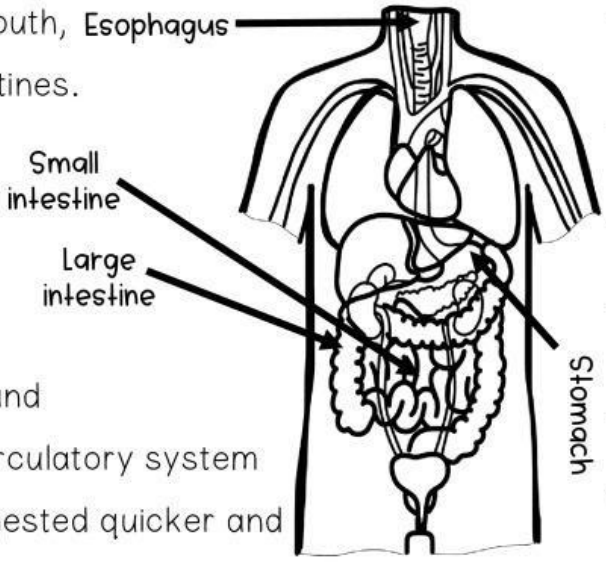


Write down three things you learned about the human body systems.

Nervous System: The function, or job, of your nervous system is to send and receive messages that control your body's activities. The brain, spinal cord, and nerves make up this system. The nervous system acts as the control center of the body. The messages it receives and sends tell the body how it should act and also protects it from danger. Exercise helps the nervous system by improving brain function and memory speed. Exercise can help you sleep better at night by allowing the body to repair and grow as it rests.



Digestive System: Digestion is how our body changes food into energy that it can use. The parts of the digestive system include the mouth, nose, esophagus, stomach, and small and large intestines. As food flows through these body parts, it is broken down into energy that the body can use. Whatever cannot be absorbed and used will be eliminated from the body.

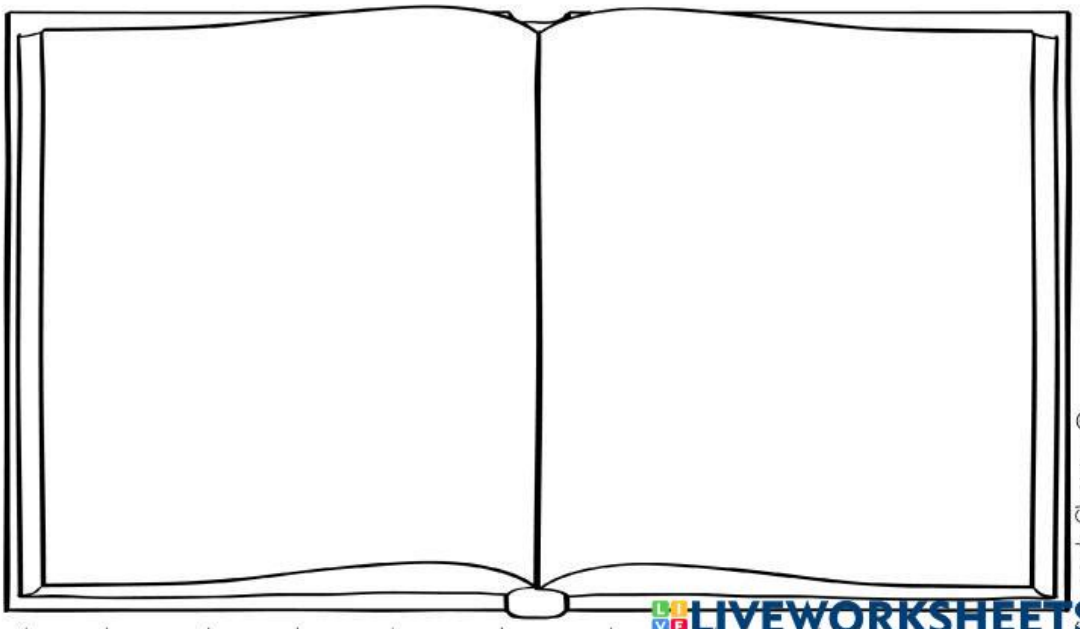


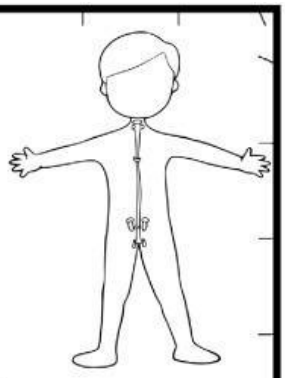
Exercise helps the digestive system burn fats and carbohydrates. The increased blood flow from the circulatory system helps the digestive muscles push food along to be digested quicker and more efficiently. Exercise also balances the bacteria in our stomachs. Bacteria is needed to help break down food in the stomach.

Think about it:

You have read about several body systems so far.

How do they work together to help the human body?



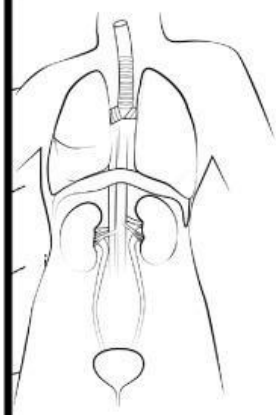


Endocrine System: The endocrine system is made up of about ten endocrine glands found inside the body that help it respond to changes in the environment. Some of these changes include mood, growth, and development. Glands are organs that produce special chemicals called hormones. Endocrine glands release their chemicals directly into the blood inside of the body. The blood then helps to release them throughout the body.

During exercise, the pituitary gland releases growth hormone. This hormone acts like a security guard for muscles. It protects the muscles and tells the body to break down fats for energy. This gland is also responsible for controlling your metabolism. Your metabolism is the rate at which the body breaks down food. A quick metabolism will break down food faster. The hypothalamus is another gland in our bodies. This gland helps to produce sweat to cool us down as our bodies heat up from exercise.

Check in: What happens to the endocrine system during exercise?

Excretory System: Your body is constantly taking in new substances and releasing ones it doesn't need. As your body takes in substances, it uses what it needs, and the rest becomes waste. Your body rids itself of waste through the excretory system. The lungs, kidneys, ureters, urinary bladder, urethra, skin, and liver make up this system. These parts work together to rid the body of waste products like urea, water, and carbon dioxide.



When you exercise, your body releases sweat as it tries to control temperature. Sweat removes water and salts from the body, along with small amounts of urea. The endocrine system tells the body to conserve water which could impact your kidneys' production of urine. Your body may become dehydrated if you are not drinking enough liquids while exercising and throughout the day.

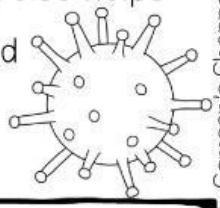
Integumentary System: The integumentary system is important to us because it helps in five very important ways. It helps us regulate our body temperatures, eliminates wastes, protects the body, gathers information about the environment, and produces vitamin D. The integumentary system includes our skin, hair, nails, sweat, and oil glands.

Through exercise, the increase in blood flow sends oxygen and nutrients to the skin cells which keeps them healthy. This also promotes them to make new skin cells. Exercise also makes sweat pour out of the skin. When this happens, your body gets rid of wastes. This helps your skin cleanse itself from the inside out as the wastes are released. Sweat contains water, so it is important to replenish those fluids throughout the day.

Check in: How does exercise help the integumentary system?

Immune System: The immune system is one of the human body systems that is designed to eliminate pathogens and other sicknesses that invade the body, allowing it to maintain homeostasis. Homeostasis is the process of keeping an organism's internal environment stable, despite factors such as pathogens that try to invade or destroy it. Pathogens are organisms that try to invade the body and cause disease. The immune system has three layers. These layers work like soldiers in a war. The first layer, or line of defense, is the skin, the breathing passages: nose, pharynx, trachea, bronchi, and mouth, and the stomach. The second line of defense is the inflammatory response system, which is made of white blood cells. The third line of defense is the immune response system. This line of defense uses T cells and B cells to destroy pathogens.

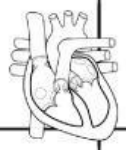
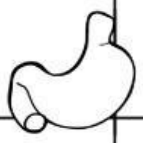
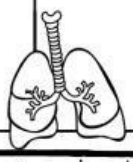
Regular exercise helps the immune system keep illnesses and infections down because it keeps the immune system in shape to fight against pathogens. Exercise helps the body to perform efficiently by increasing blood flow, decreasing stress, and strengthening antibodies to fight off pathogens.



Check in: How do exercise and the immune system work together?

Directions: Using the knowledge you gained from what you have read, explain how the body systems work together to keep the body healthy during and after exercising.

The human body is made up of many different systems that work together to keep us healthy. Below, explain how each system works with at least one other system.

CIRCULATORY SYSTEM 	DIGESTIVE SYSTEM 	ENDOCRINE SYSTEM 
 EXCRETORY SYSTEM	IMMUNE SYSTEM	INTEGUMENTARY SYSTEM 
MUSCULAR SYSTEM 	NERVOUS SYSTEM	RESPIRATORY SYSTEM
 SKELETAL SYSTEM 		

Explain how exercise helps the human body.

HOW DOES EXERCISE IMPROVE THE BODY'S SYSTEMS?

Explain how exercise helps each body system.

SKELETAL SYSTEM

CIRCULATORY SYSTEM

DIGESTIVE SYSTEM

IMMUNE SYSTEM

MUSCULAR SYSTEM

NERVOUS SYSTEM

RESPIRATORY SYSTEM

ENDOCRINE SYSTEM

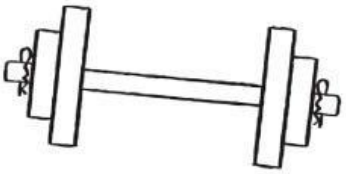
EXCRETORY SYSTEM

INTEGUMENTARY SYSTEM

Name: _____ Date: _____

KEY

How Does Exercise Affect the Human Body?



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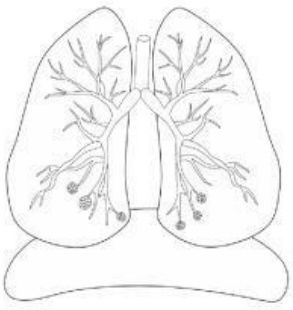

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