



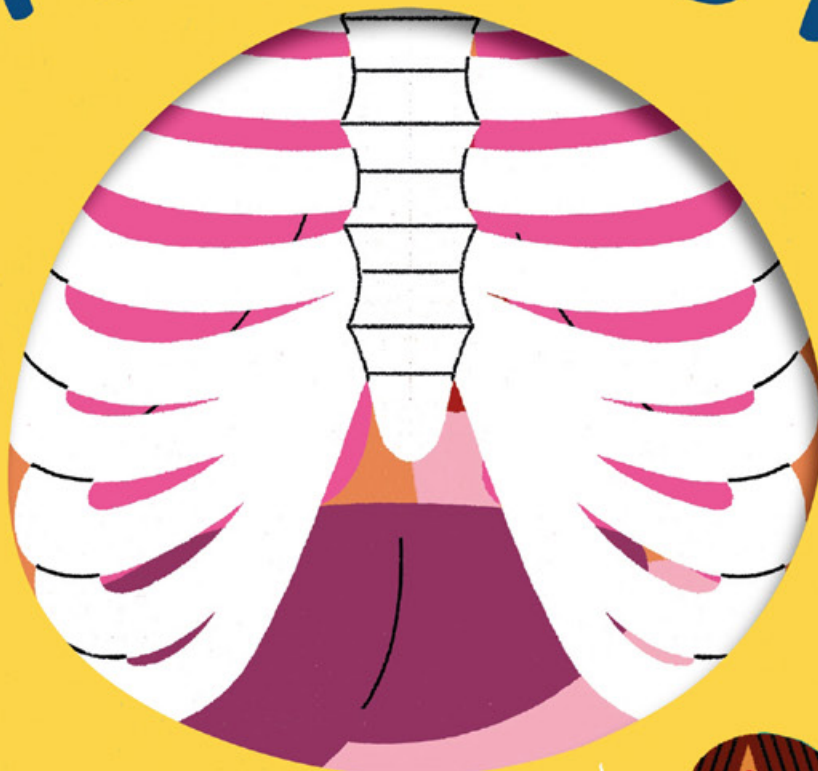
# ACTIVITY PACK FOR KS1/KS2 TEACHERS



How do  
my muscles  
work?

Usborne  
Step inside science

## YOUR BODY



How do my  
bones grow?



How do  
I breathe?

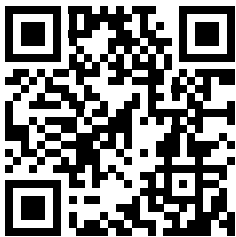


# Step inside science YOUR BODY



The activities in this pack are based on *Step Inside Science: Your Body*. They're designed as an introduction to the inner workings of our amazing bodies for teachers of KS1 / KS2 and their pupils.

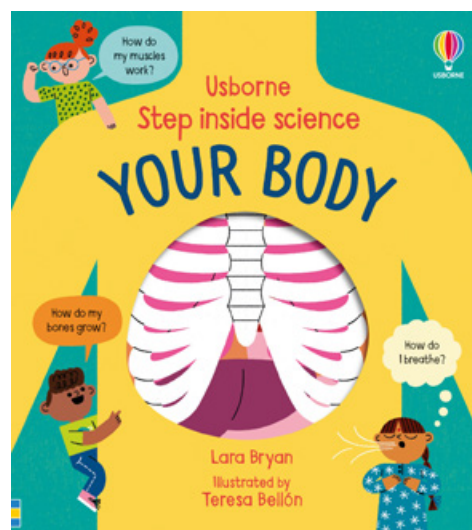
Subject checklist: Science / Literacy / Maths / PSHE



Scan the QR code, or go to <https://qr.usborne.com/2ta7v> to watch an introduction to the book from author Lara Bryan.

## ABOUT THE BOOK

Discover how your body works in this brightly illustrated peep-through book. Find out what happens to food after you eat it, discover how and why you breathe, and learn how your growing muscles can lift heavy objects.



# CONTENTS

## INTRODUCTION: MY BRILLIANT BODY

**Objective:** to learn about the major organs

**Activity:** colour and label the major organs.

## SPOTLIGHT ONE: THUMPING HEARTS AND DANCING PULSES

**Objective:** to learn about the heart using a non-fiction text

**Activity:** measure active and resting heart-rates.

## SPOTLIGHT TWO: SENSATIONAL SENSES

**Objective:** to learn about the five senses and identify key body parts using a non-fiction text

**Activity:** complete the sensational senses experiments.

## KNOWLEDGE CHECK: THE BRILLIANT BODY FACTS QUIZ!

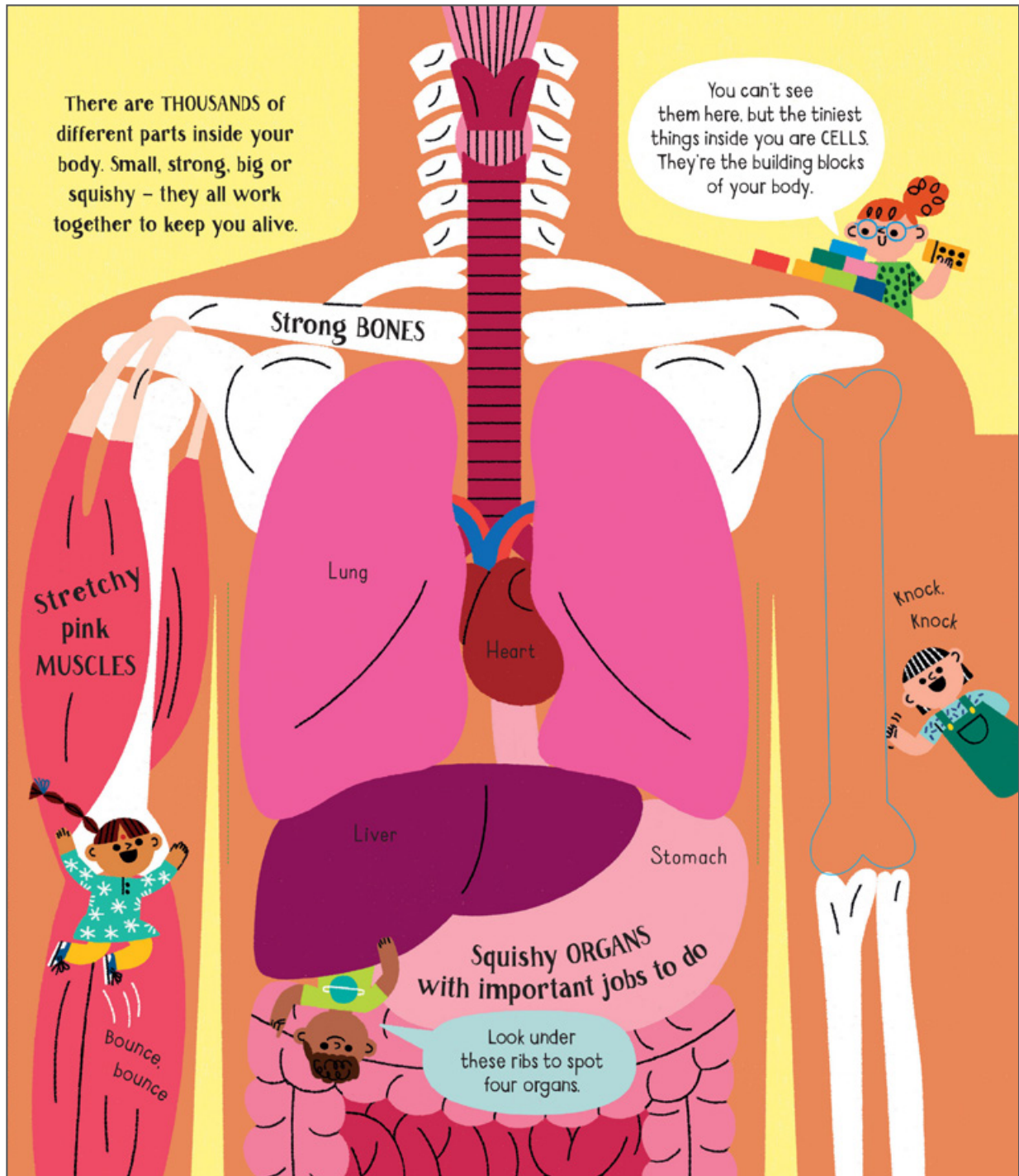
Test learners' knowledge with a quiz made up of facts from the activity pack.





# INTRODUCTION: MY BRILLIANT BODY

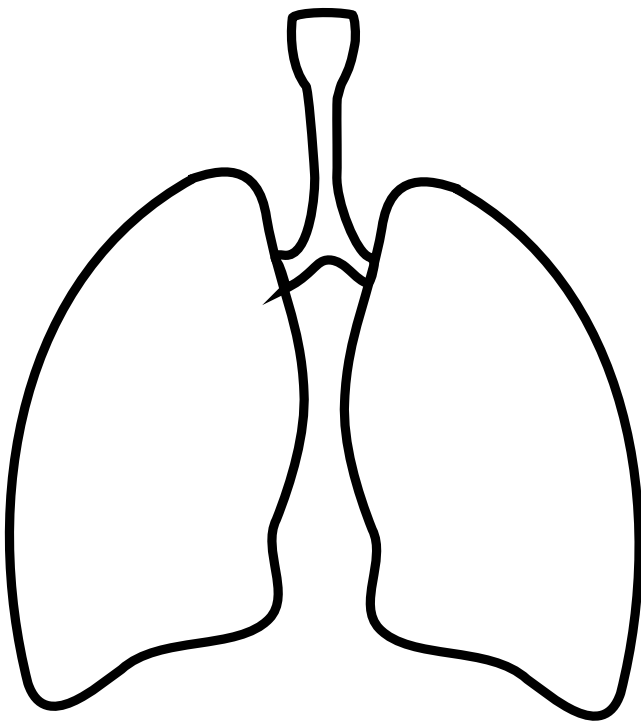
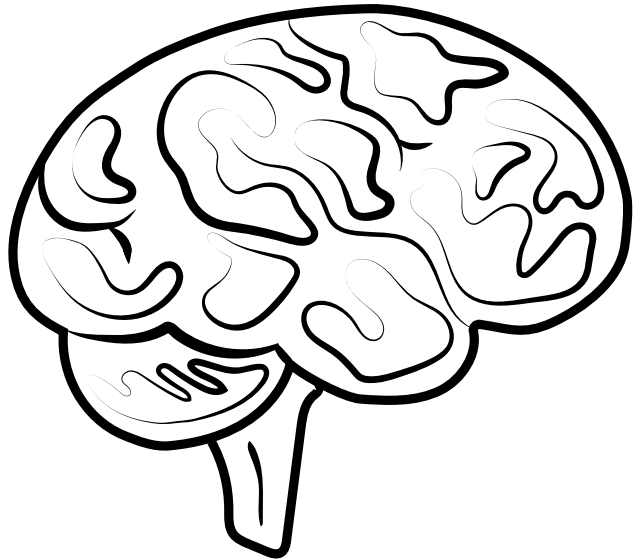
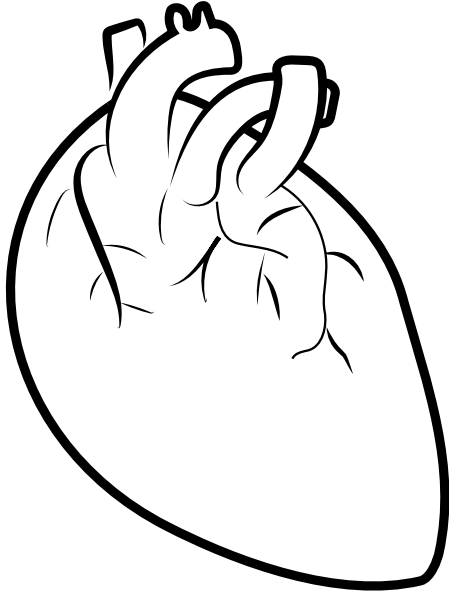
Look at the diagram of the human body below.  
Can you name the main organs found under the ribs?

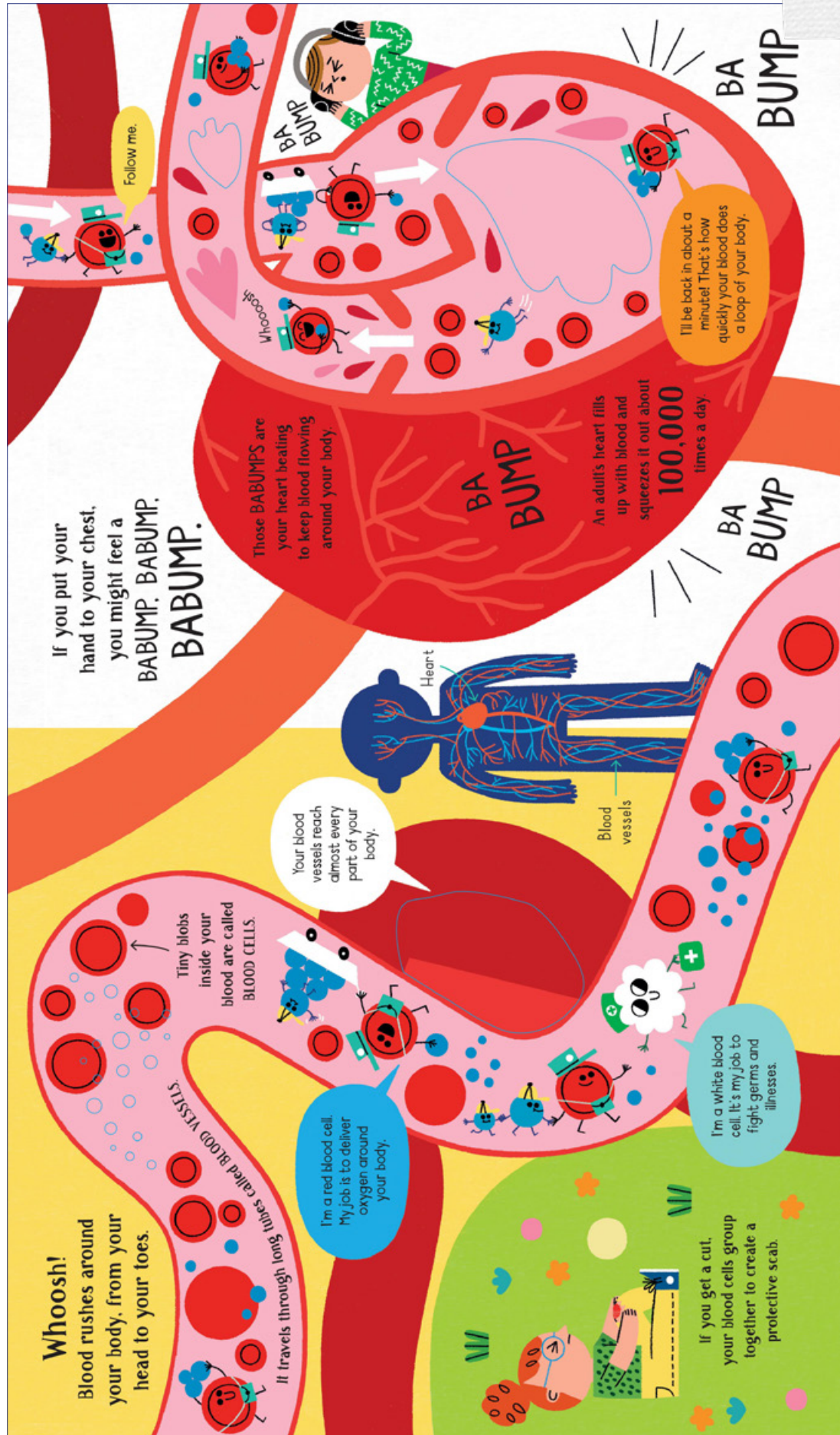


The heart, lungs, stomach, and liver are all important organs. They pump our blood, let us breathe in fresh air, and digest our food.

## ACTIVITY

Can you colour and label these major organs?







# EXPERIMENT: DANCING PULSES

Did you know your heart beats faster after exercise?

Your heart pumps blood around your body to support vital organs and muscles. It slows back down when you rest.

We can put this to the test with an experiment.

## Part 1:

Dance on the spot for one minute.

After a minute of dancing, stop and press your finger to your wrist to feel your pulse. Your teacher will set the timer to thirty seconds. In this time, see how many beats you can count.

Double the beats you counted and you will have your heart rate in beats per minute, or BPM.

BPM



## Part 2:

Now rest for a few minutes.

Take your pulse the same way as before and write it down.

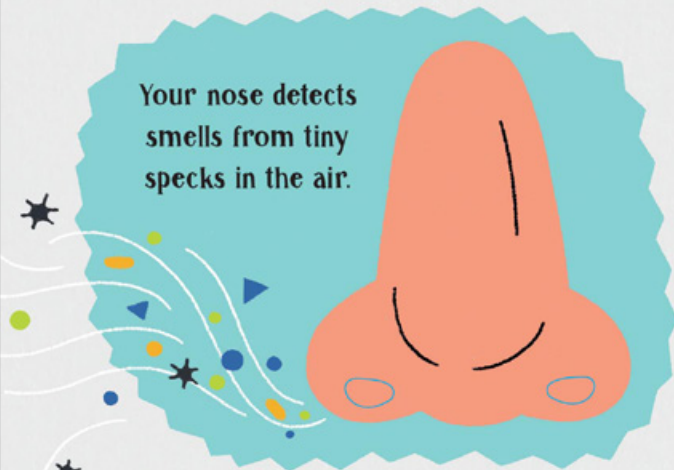
BPM



What difference do you notice between your two heart rates?

To find out about the outside world,  
your brain relies on your five SENSES –  
sight, smell, touch, taste and hearing.

Your nose detects  
smells from tiny  
specks in the air.



Your ear can pick up  
thousands of different sounds.

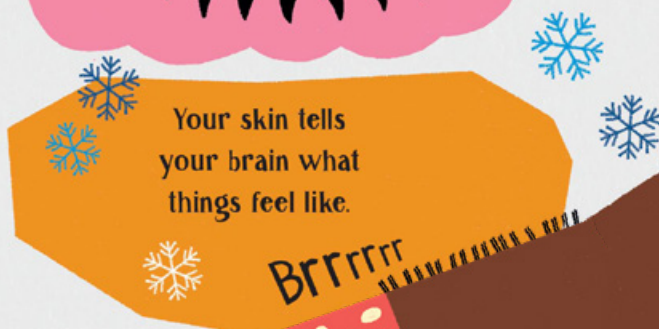


Eyes let light in through a hole called  
a pupil. They then turn the light into a  
message your brain can understand.

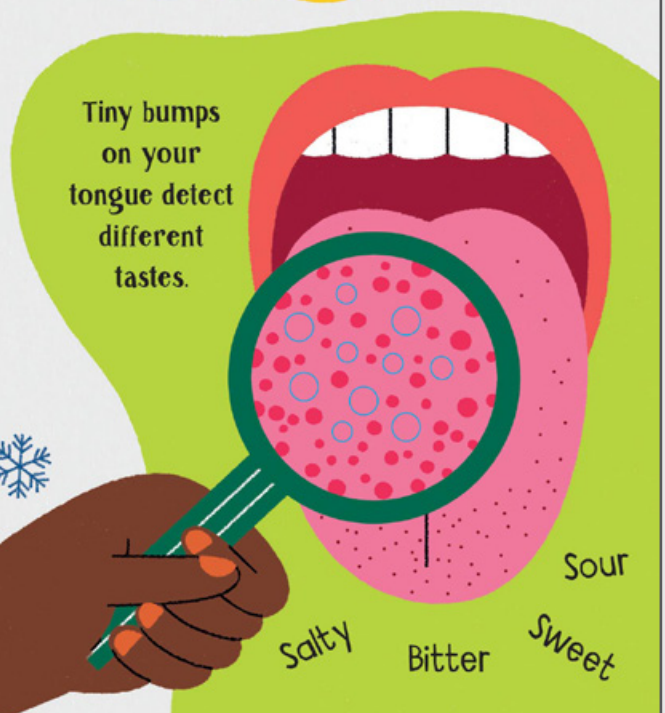
Pupil



Your skin tells  
your brain what  
things feel like.



Tiny bumps  
on your  
tongue detect  
different  
tastes.





## SPOTLIGHT TWO: SENSATIONAL SENSES

As you know, we have five senses. Can you name them?

That's right, our senses are sight, smell, taste, touch, and hearing.

Using the information on the last page, match the correct body part to the correct sense.

nose

ears

eyes

skin

tongue

sight

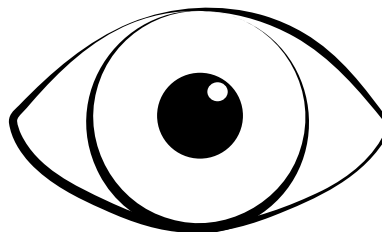
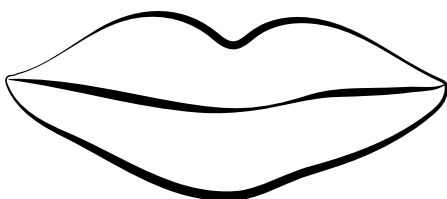
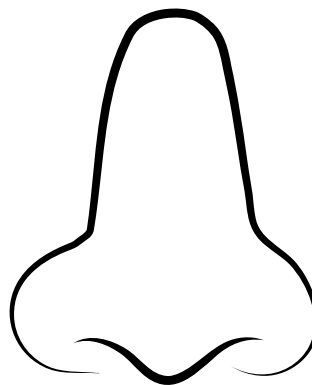
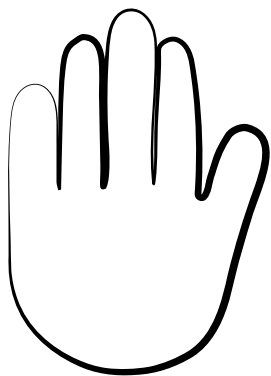
hearing

touch

taste

smell

Match the images below to the correct word. When you have finished, colour them in.



# EXPERIMENT: TEST YOUR SENSES

The aim of these experiments is to see how well you use your senses. To complete the challenges you will need the help of your teacher.

## 1. Hearing challenge:

Your teacher will make or play three different animal sounds. Pick a word that describes the sounds you hear.

squeaky / loud / quiet / growly / high-pitched / low-pitched

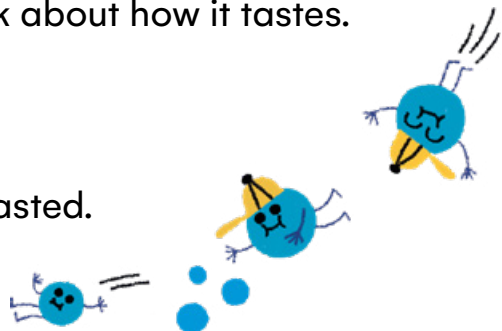
Now you've heard the sound, can you work out which animal it is?

## 2. Taste and smell challenge:

You or a volunteer from your class will taste a piece of fruit while blindfolded. To help identify the fruit, think about how it tastes.

sweet / sour / bitter / salty

Now try to guess which type of fruit you tasted.



## 3. Sight challenge:

You will have thirty seconds to look around the room and spot as many different coloured objects as possible.

## 4. Touch challenge:

Your teacher will put three objects into three boxes. Take turns putting your hand in the cardboard boxes and try to describe the objects.

soft / smooth / spikey / squishy / hard

Can you work out what the objects are?

# THE BRILLIANT BODY FACTS QUIZ!

Read the facts below. Based on what you've seen in the activities, are they true or false?

1. Your ears can pick up thousands of different sounds.

TRUE / FALSE

2. Your eye lets in light through a hole called the pupil.

TRUE / FALSE

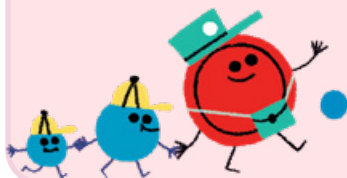
3. The tiniest parts of your body are called cells.

TRUE / FALSE

4. Your blood contains red and white blood cells.

TRUE / FALSE

5. An adult's heart pumps blood 1,000 times a day.



• TRUE / FALSE

## Answers:

1. True, 2. True, 3. True, 4. True, 5. False — it's 100,000 times a day.



THANK YOU FOR USING THESE RESOURCES! WE HOPE YOU ENJOYED  
THE EXPERIMENTS AND ACTIVITIES. WE WOULD LOVE TO SEE ANY  
WORK YOU HAVE CREATED. PLEASE SHARE WITH US ON  
TWITTER @USBORNE

