

GRADE 4 LEARNING PACK

Human Body Systems & Healthy Function

Describe simple roles of major body systems and explain how systems work together during everyday activity.

LEARN • PRACTISE • CREATE • REFLECT

Original BrightPencil Kids resource - adult-led where appropriate

A4 edition • 12 purposeful pages • review copy

Print. Learn. Grow.

Grown-up guide

Learning objective

Describe simple roles of major body systems and explain how systems work together during everyday activity.

Use this pack well

- Model the first example aloud, then let the learner try.
- Ask “How do you know?” more often than “Are you finished?”.
- Use real objects, talk, movement or observation when the activity suggests it.
- Stop or shorten the session if attention or enjoyment drops.
- Open-ended pages can have many successful answers.

Quality note

This resource was written originally for BrightPencil Kids. Curriculum sources informed scope and progression only; no third-party worksheet or story text is reproduced.

Learn the idea

1 Body systems contain organs with related functions.

2 Breathing and circulation work together to move oxygen around the body.

3 Healthy habits support the body but do not guarantee that illness never occurs.

Talk about it

Explain one idea in your own words. Give an example from real life, a drawing or an object if that helps.

Match heart, lungs, stomach and brain to broad functions.

Explain what changes in breathing/heartbeat during exercise.

Trace a simplified route of oxygen from air to working muscles.

Separate evidence-based health habits from unrealistic promises.

Explain why medical concerns belong with qualified adults/health professionals.

Try it beyond the page

Real-world / hands-on connection

Notice how breathing and pulse feel before and after safe light activity, with adult guidance and no competition.

Before you finish

What did you notice?

What evidence, object or example helped you?

What would you change if you tried again?

Create something

Your project

Create a labelled “systems working together” diagram for walking or running.

Use this space for planning, drawing, mapping, designing or notes.

CHALLENGE

Think deeper

1. Which organs exchange gases with the air?

2. Why can heartbeat increase during exercise?

3. Do healthy habits guarantee nobody becomes ill?

Quick review

1. In one sentence, explain the big idea of “Human Body Systems & Healthy Function”.

2. Draw or write one example that shows you understand.

3. Choose one activity from this pack and explain the strategy you used.

4. Write one question you still have.

Answer & discussion notes

Use these as guidance, not scripts. Open questions can have different successful responses when the reasoning is sensible and evidence-based.

1. Suggested response

The lungs.

2. Suggested response

Working tissues need increased delivery of oxygen/nutrients and removal of wastes.

3. Suggested response

No.

Review before publication

Check age fit, factual accuracy, clarity, accessibility, rights provenance and whether the activity works in practice. This file remains a review copy until those checks are signed off.

FINISH

My learning reflection

I finished this BrightPencil learning pack.

One thing I understand better now:

A strategy that helped me:

Something I created or noticed:

My next small question or goal:

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