

GRADE 5 LEARNING PACK

# Human Body Systems & Interdependence

Explain simplified roles of digestive, respiratory and circulatory systems and how they work together to support cells.

**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

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## Learning objective

Explain simplified roles of digestive, respiratory and circulatory systems and how they work together to support cells.

## 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

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**1** Body systems have specialised organs but work together.

**2** Digestion makes nutrients available; respiration/gas exchange and circulation support delivery of oxygen and nutrients.

**3** Health information should avoid guarantees and medical diagnosis belongs with qualified adults/professionals.

## Talk about it

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

Trace food through a simplified digestive pathway.

Explain gas exchange at a high level without microscopic overclaiming.

Map heart, blood vessels and blood as parts of circulation.

Describe how exercise can change breathing and heart rate.

Evaluate a fictional “one food prevents all illness” claim as unsupported.

## Try it beyond the page

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### Real-world / hands-on connection

With adult guidance, observe pulse/breathing before and after gentle activity without competition; discuss normal variation rather than diagnosis.

### Before you finish

What did you notice?

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What evidence, object or example helped you?

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What would you change if you tried again?

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# Create something

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## Your project

Create a systems-interdependence diagram showing how three systems support an active muscle.

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



CHALLENGE

# Think deeper

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1. Which system moves blood around the body?

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2. Why do breathing and heart rate often rise during exercise?

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3. Can one healthy habit guarantee that illness never occurs?

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## Quick review

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

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

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

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4. Write one question you still have.

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## Answer & discussion notes

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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 circulatory system.

### 2. Suggested response

Working tissues need greater exchange and transport of gases/nutrients/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

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**I finished this BrightPencil learning pack.**

**One thing I understand better now:**

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**A strategy that helped me:**

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**Something I created or noticed:**

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**My next small question or goal:**

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