Support and Structure

Which body system gives your body its upright shape, protects delicate internal organs, and provides a sturdy frame so you can stand and move?

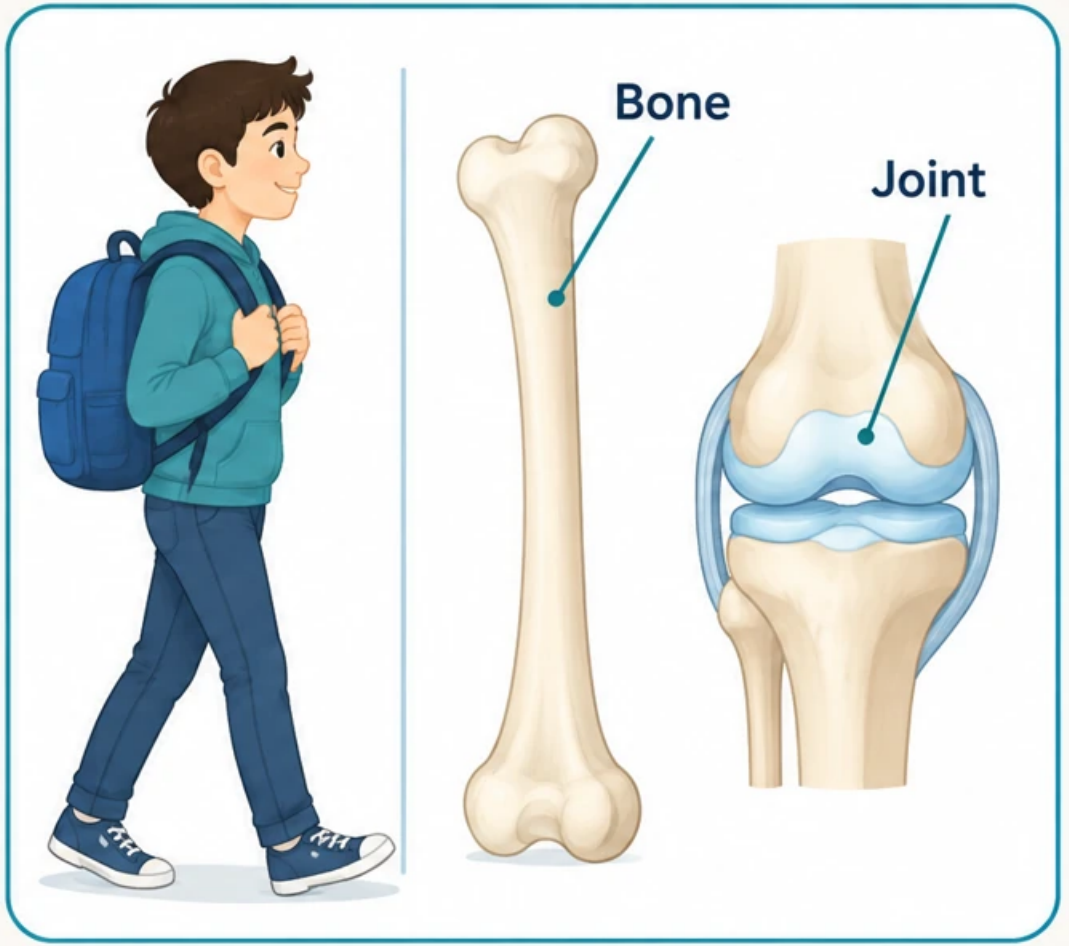


Skeletal System

The skeletal system forms a rigid internal framework that supports your body weight and shields vital organs from impact. It also stores essential minerals like calcium and produces blood cells within bone marrow.

Key parts: Bones (such as the spine, ribs, and femur), joints (like knees and elbows), and connective tissues (cartilage and ligaments).

Everyday example: When you carry a heavy school backpack, your spinal column and leg bones bear the load so you can walk tall without collapsing.



Powering Motion

Which body system contracts and relaxes to pull on bones, pump organs, and allow you to bend, pedal, jump, and run?



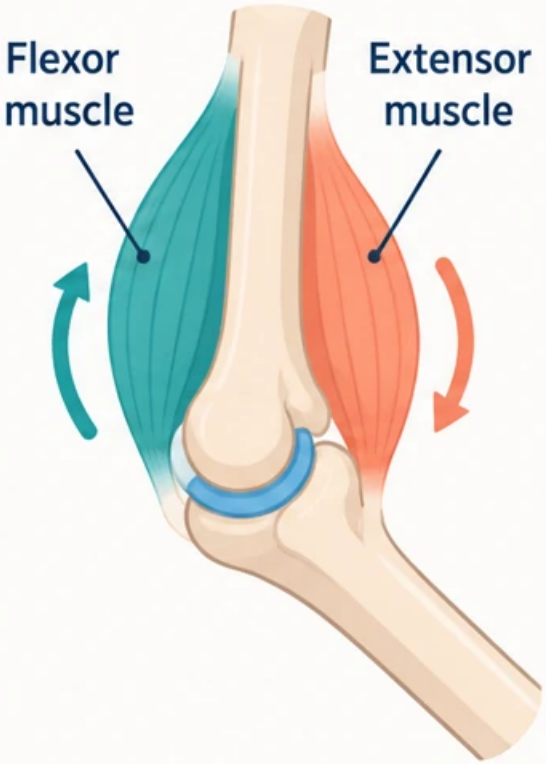
Muscular System

The muscular system creates body movement through the coordinated contraction and relaxation of specialized muscle fibers. It also stabilizes joints, maintains posture, and generates heat to keep your body warm.

Key parts: Skeletal muscles (attached to bones), smooth muscles (inside organ walls), and cardiac muscle (in the heart).

Everyday example: When you pedal a bicycle, the quadriceps muscles on the front of your thighs contract tightly to push each pedal downward.





The Internal Transport Network

Which body system acts as a highway network, continuously delivering oxygen and nutrients to every cell while carrying away waste products?



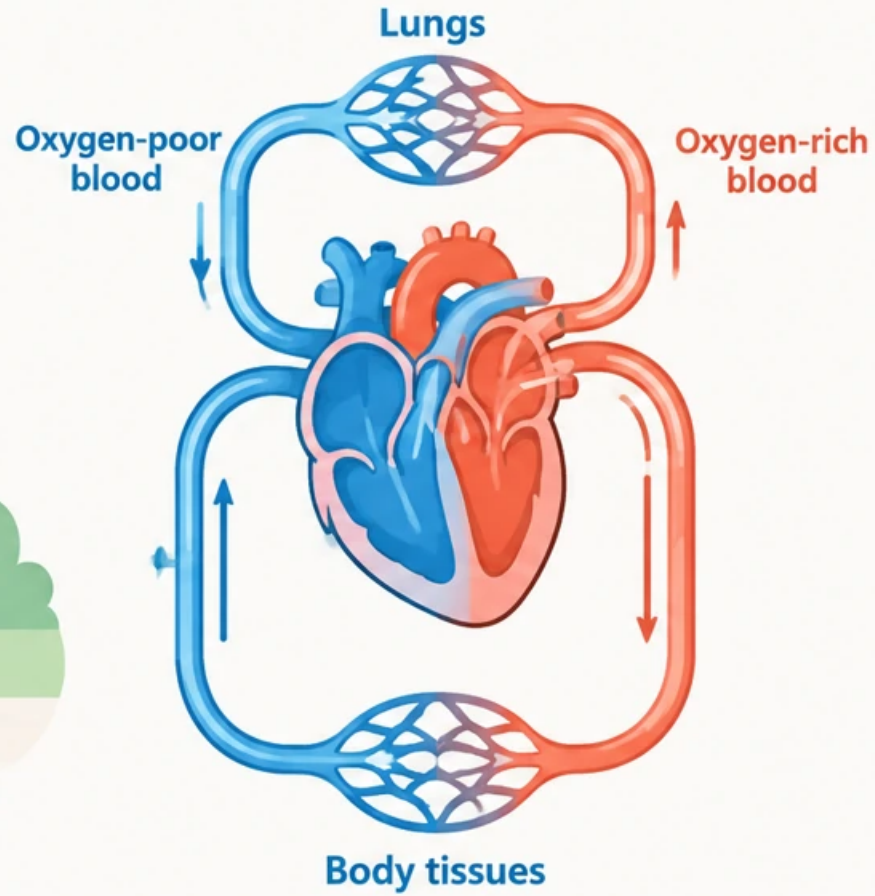
Circulatory System

The circulatory system transports oxygen, nutrients, and hormones to cells throughout the body while collecting carbon dioxide and metabolic wastes. Driven by a continuous muscular pump, it maintains steady blood pressure and proper internal chemical balance.

Key parts: The heart, blood vessels (arteries, veins, and capillaries), and blood.

Everyday example: When you jog or play tag, your heart beats noticeably faster to pump oxygen-rich blood directly to your working leg muscles.





Taking In Fresh Air

Which body system takes in oxygen from the air outside and expels carbon dioxide gas every single time you inhale and exhale?

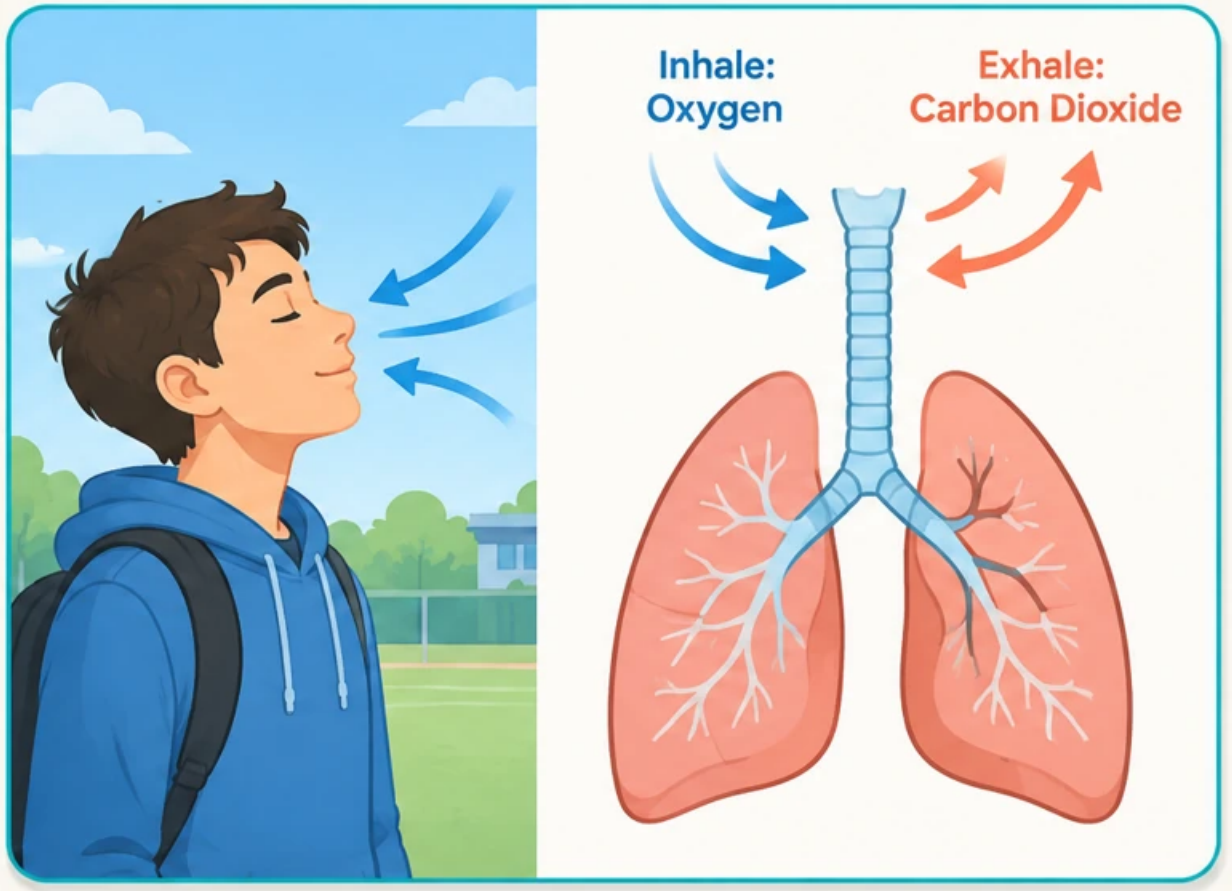


Respiratory System

The respiratory system manages the continuous exchange of vital gases between your body and the environment. It delivers inhaled oxygen directly into the bloodstream and removes gaseous carbon dioxide waste when you breathe out.

Key parts: The trachea (windpipe), bronchi, lungs, and the dome-shaped diaphragm muscle.

Everyday example: After running across the school playground, you instinctively breathe deeper and faster to bring extra oxygen into your lungs.



Breaking Down Fuel

Which body system breaks down the food you eat into microscopic nutrients so your cells can absorb them for energy, growth, and repair?



Digestive System

The digestive system breaks down food both mechanically and chemically into soluble nutrients that enter the bloodstream. It also reabsorbs fluids and bundles indigestible waste materials for orderly elimination.

Key parts: The mouth, esophagus, stomach, small intestine, and large intestine.

Everyday example: When you eat an apple at lunchtime, this system converts the fruit's carbohydrates into simple sugars that give you energy for afternoon sports.

