

online class rules



Be ready on time



Sit in a good position

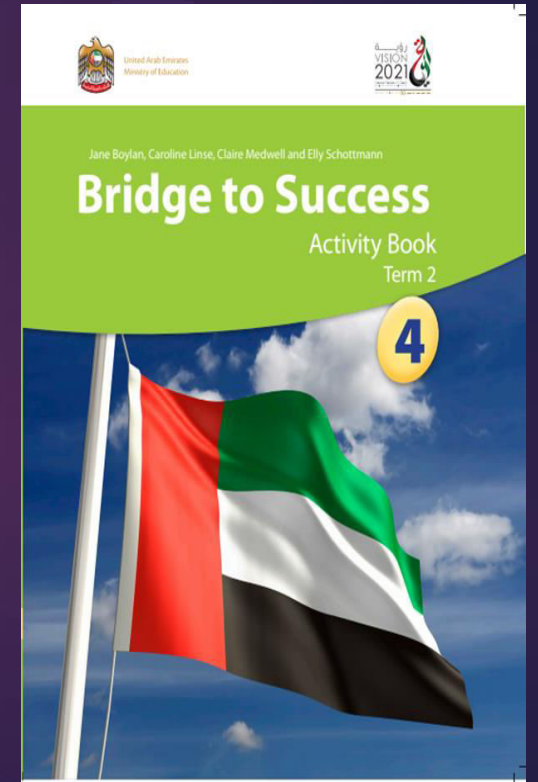
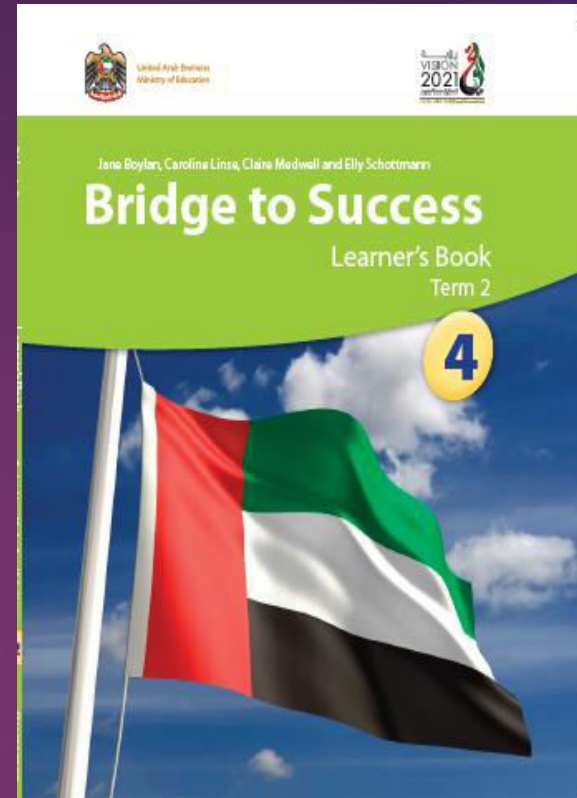
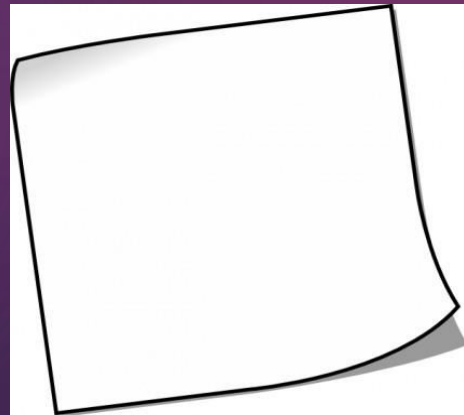
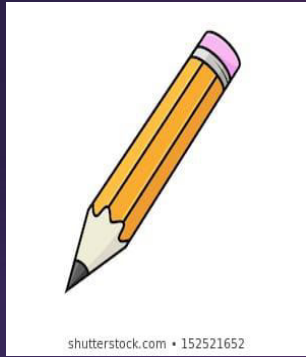


Mute your microphone



Respect your friends

You need



Unit 8



Our Amazing Body LESSON 1 INSIDE OUR BODIES

Learner's Book p. 116

Activity Book p. 72

W.A.L.T

▶ Learning objectives

- ▶ **Listening:** To listen and follow instructions in a text about the inside of our bodies.
- ▶ **Speaking:** To use vocabulary about internal and external body organs.
- ▶ **Reading:** To read for specific details in a text about internal organs.
- ▶ **Writing:** To write notes while listening.

STARTER

▶ <https://learningapps.org/11688151>

Let's Look Inside Our Body



We're going to:
learn about parts of the human body
explore ways to stay healthy and strong

talk about being hurt or not feeling well
discover some amazing facts about our body

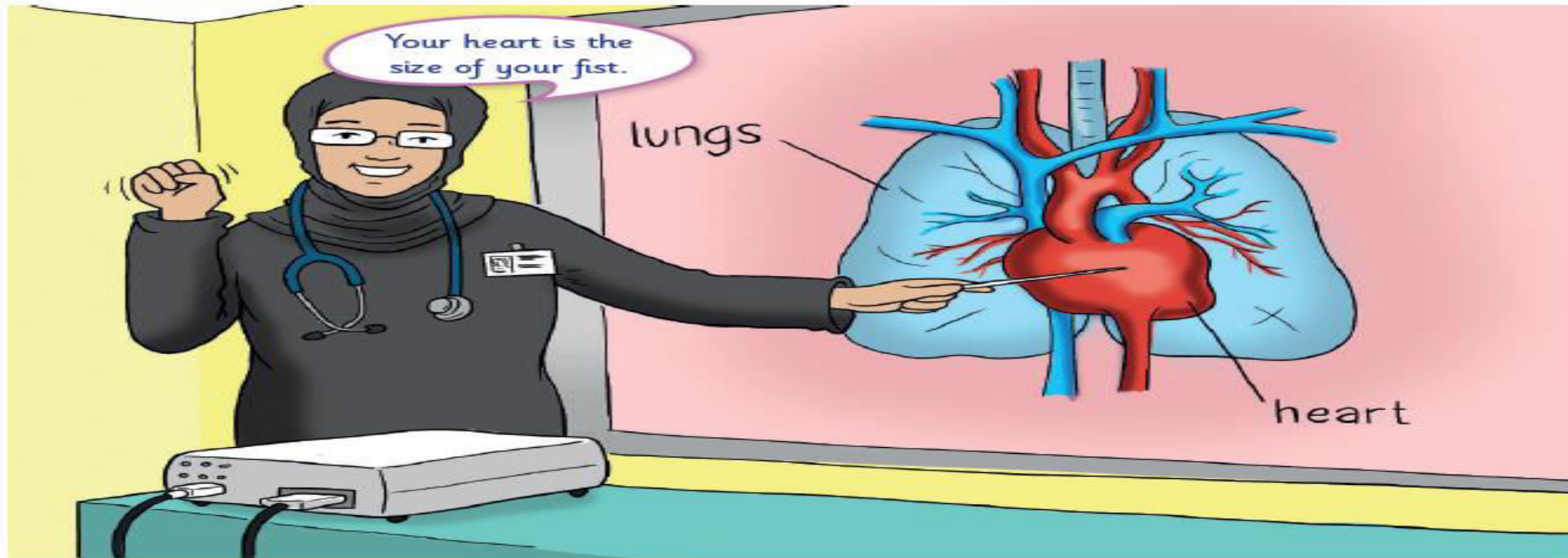
Lesson 1 Inside our bodies

21st

1 Talk about It



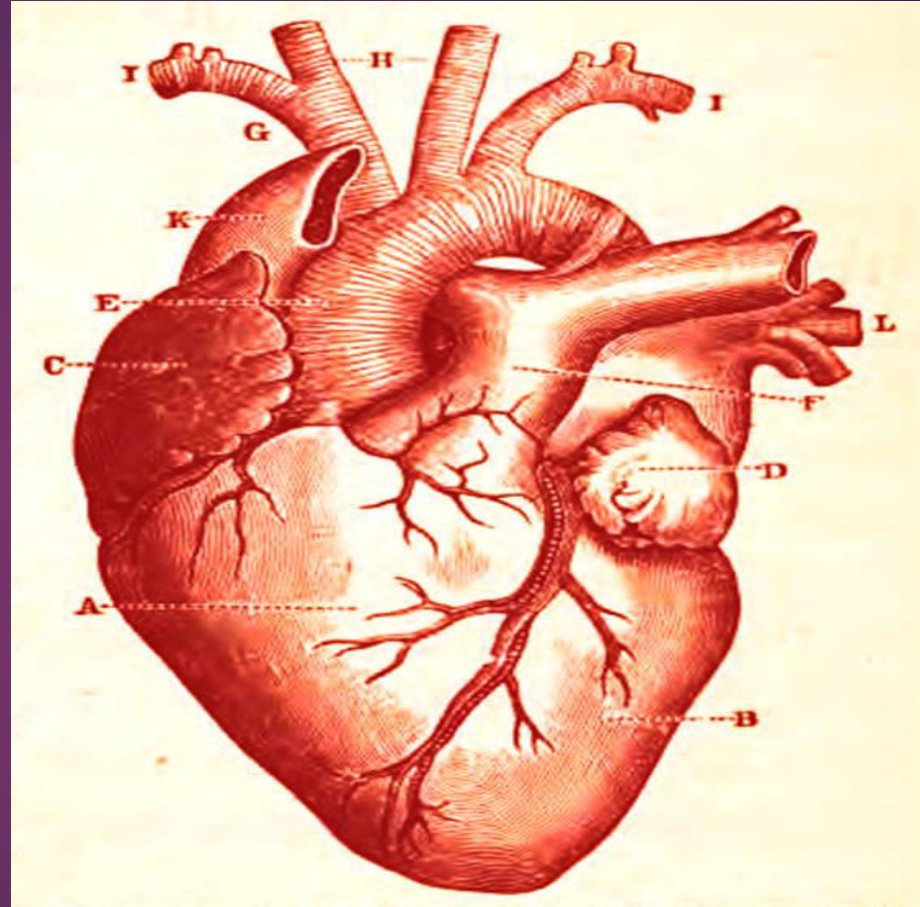
What is inside our body, under our skin?



VOCABULARY



Lungs



heart

VOCABULARY

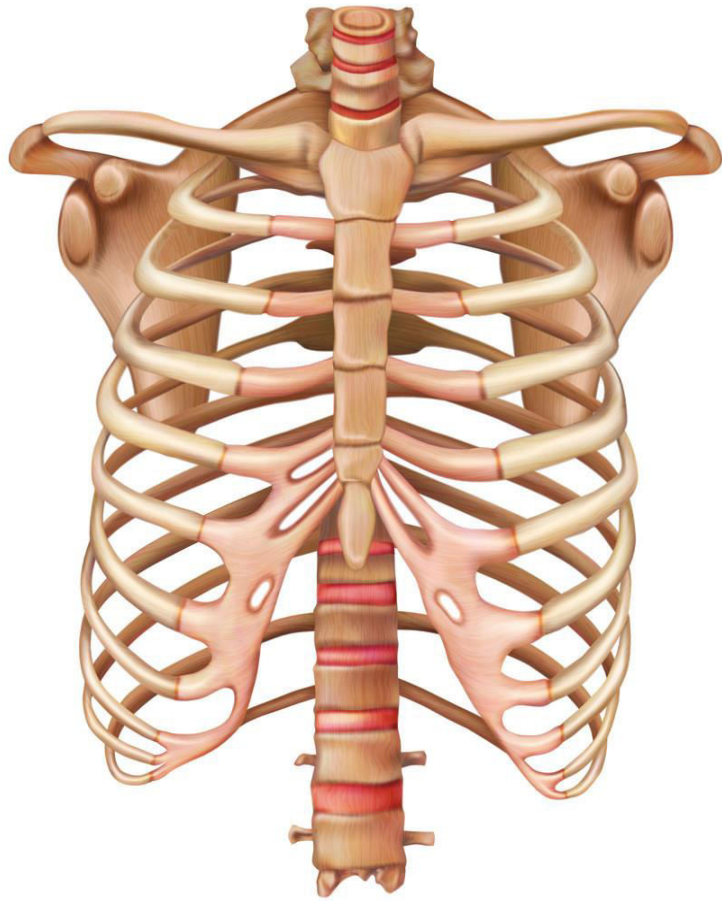


backbone



muscle

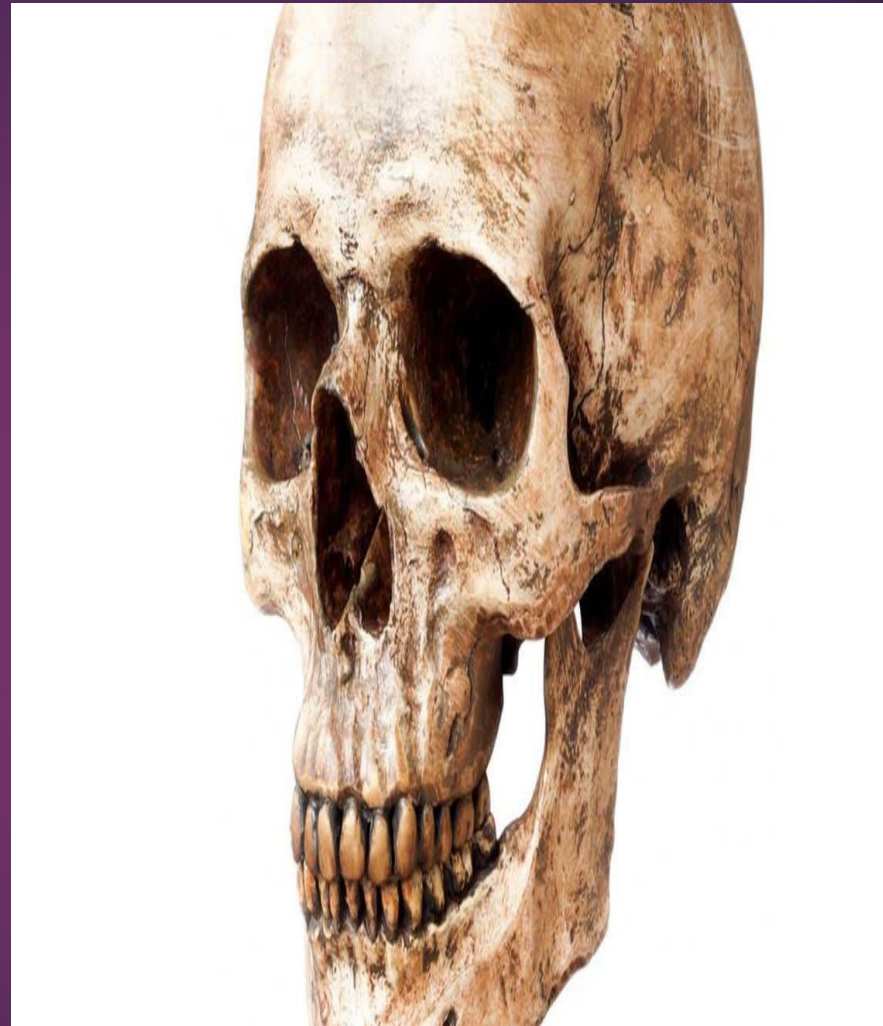
VOCABULARY



VectorStock®

VectorStock.com/28407549

ribs



skull

VOCABULARY



© www.kenhub.com

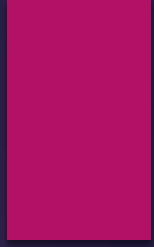


Neck



Wrist

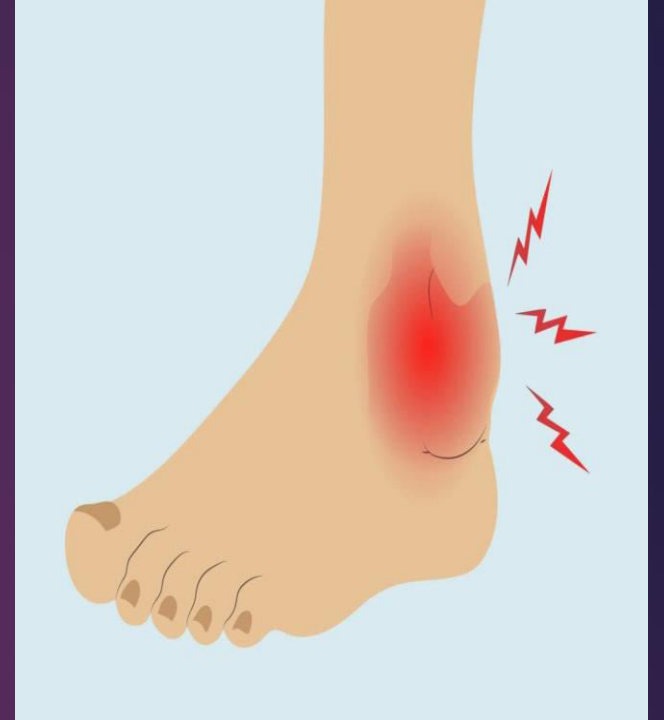
VOCABULARY



elbow



knee



ankle

PEEK
a
BOO

73 2  **Read and listen**

Read and listen. Follow the instructions. Answer the questions with your class.

Brilliant bones and marvellous muscles

Our bones give our body its shape. Put your hand on your back. Feel your **backbone**. Your backbone helps you stand up and move.

Inside your head is your **skull**.

Feel your skull.

Now put your hands on your **ribs**.

Your rib bones protect your heart and lungs.

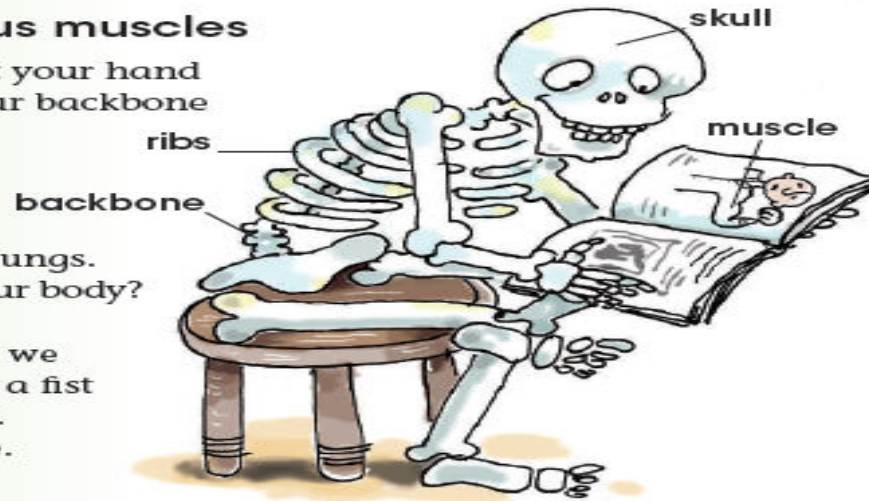
What other bones can you feel in your body?

Muscles touch our bones.

Muscles move our arms and legs when we run, jump, climb and lift things. Make a fist and feel the muscle in your upper arm.

Smile and feel the muscles in your face.

What other muscles can you feel?



3  **Let's do it!**

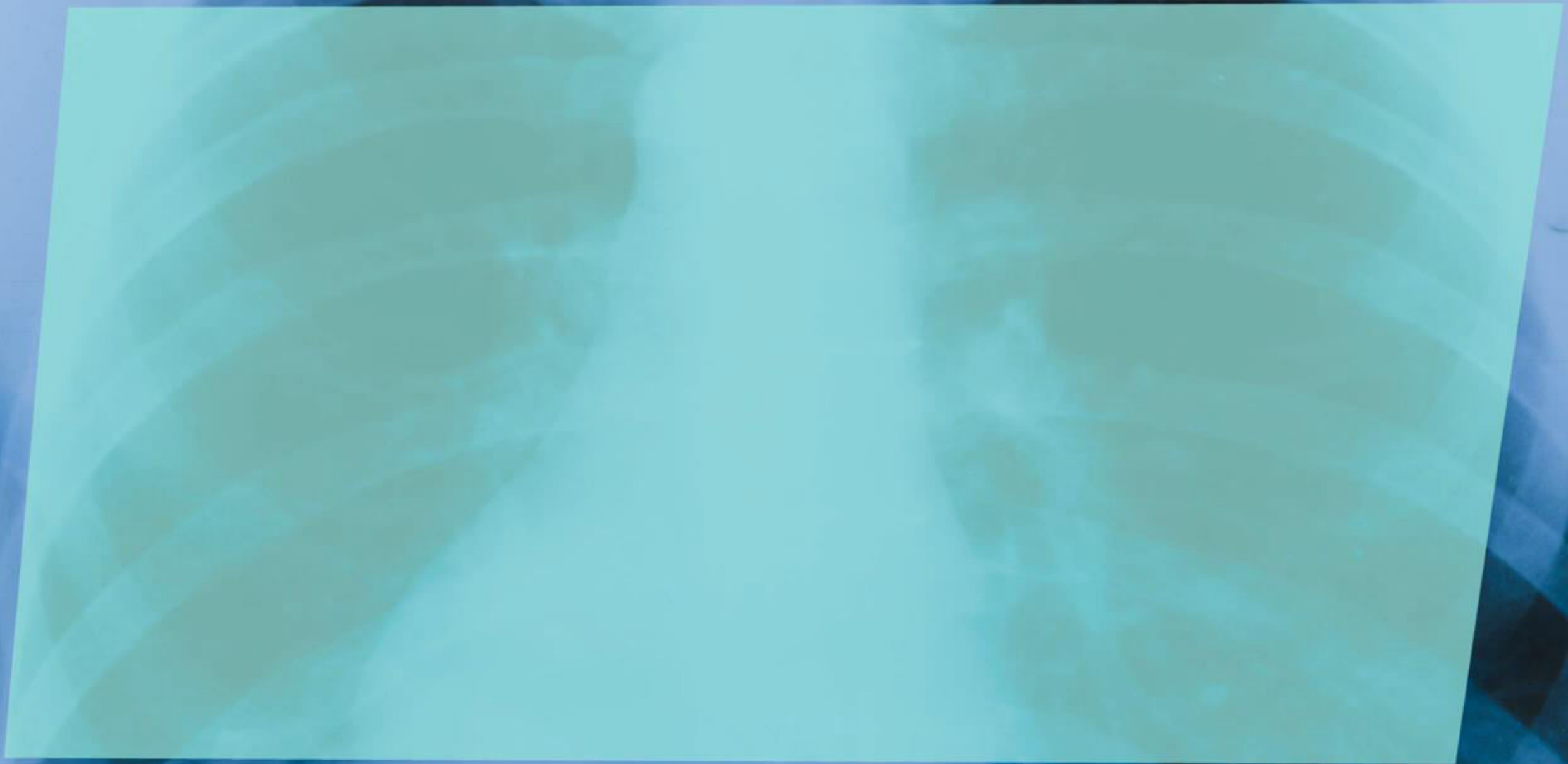
Put your fingers on your wrist or on your neck below your ear. Can you feel your heartbeat?

- 1 Take your pulse for 15 seconds (your teacher will say, 'Go!' and 'Stop!'). Count your heartbeats.
- 2 Then do 25 jumping jacks.
- 3 Take your pulse again for 15 seconds.
- 4 Did your pulse change?
Did your breathing change?

How to do a jumping jack

- 1 Jump and land with your feet apart. Clap your hands over your head.
- 2 Jump and land with your feet together. Hold your arms by your sides.







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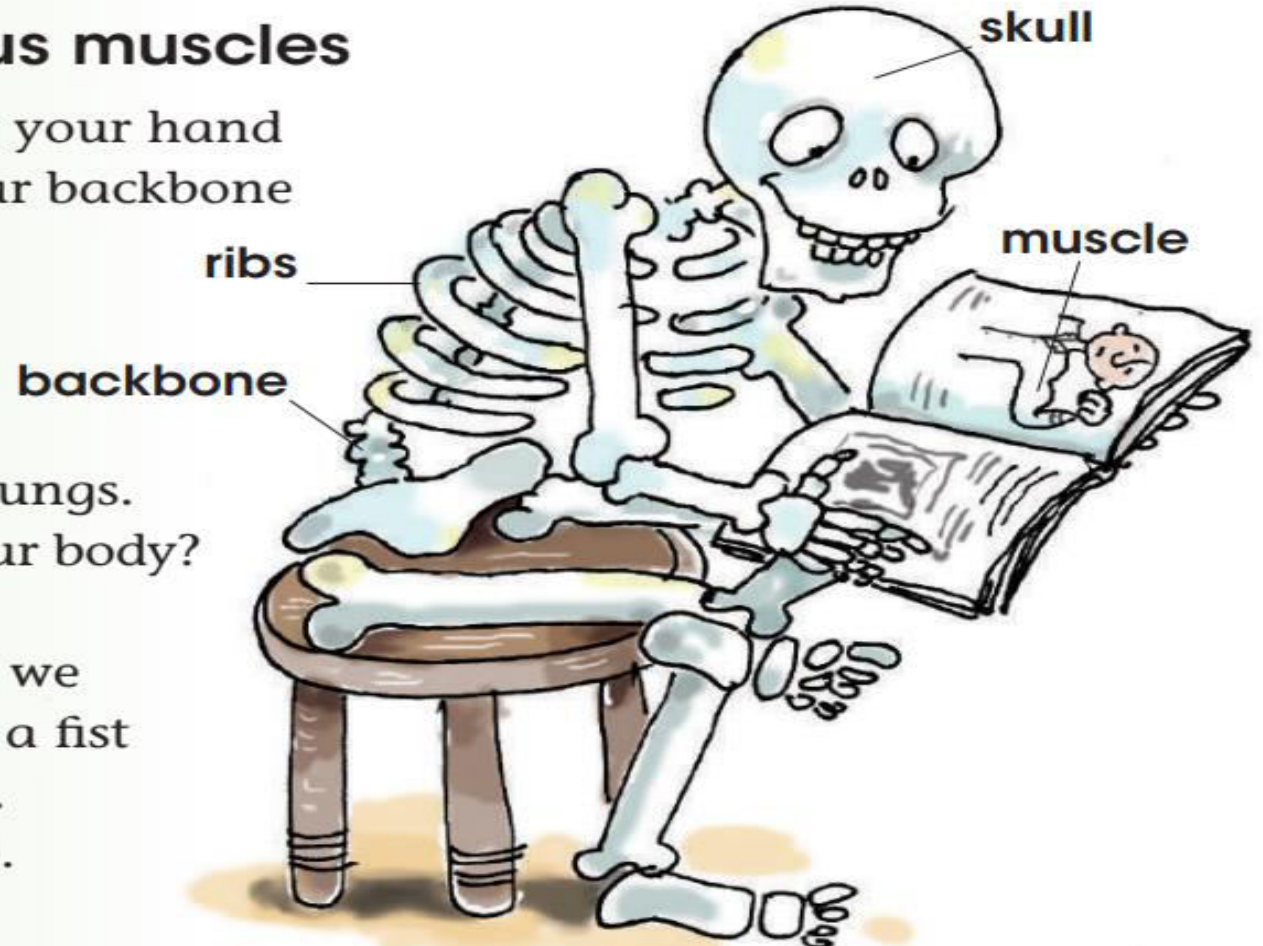
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Search pinkfong.

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8

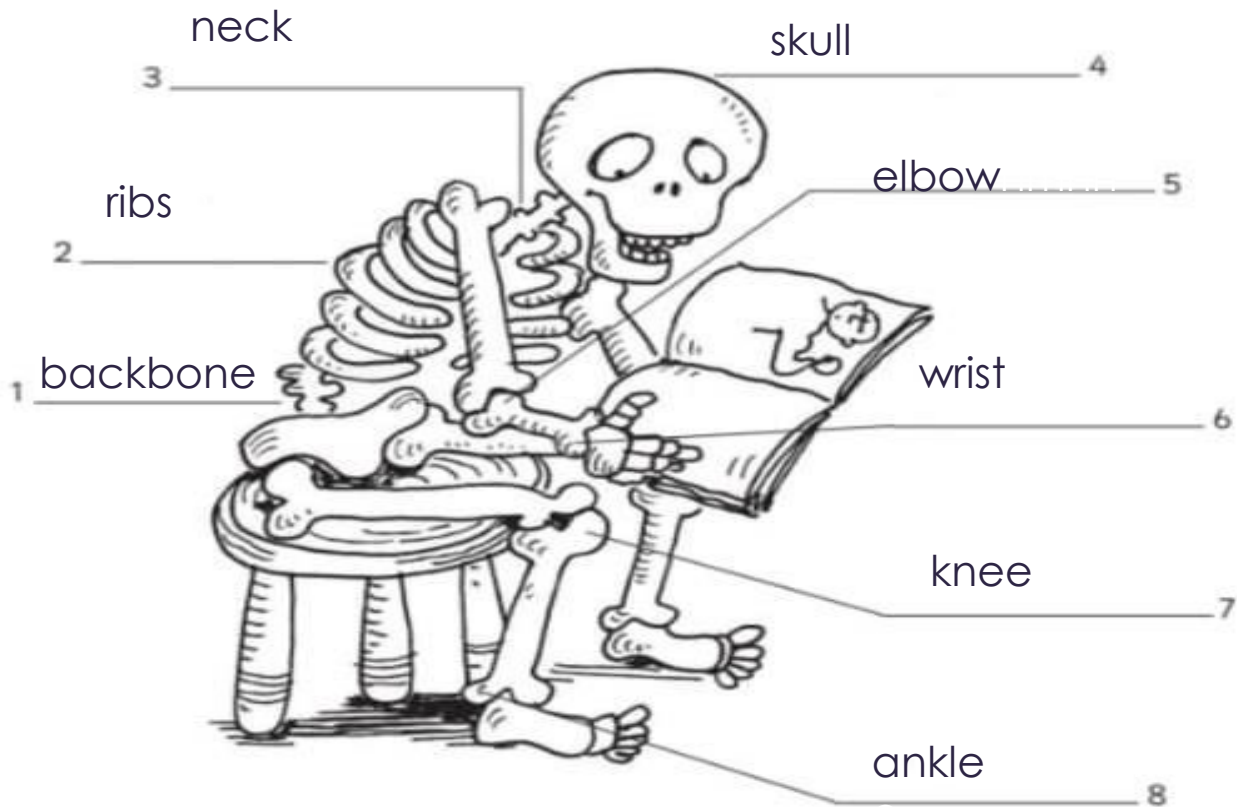
Our amazing body

Lesson 1 Inside our bodies

1 Word study

Label the skeleton with the words in the box.

ankle backbone elbow knee neck ribs skull wrist



Activity
Book
page 72

<https://wordwall.net/resource/41821>

▶ <https://www.liveworksheets.com/eo1260299cs>



Golden message

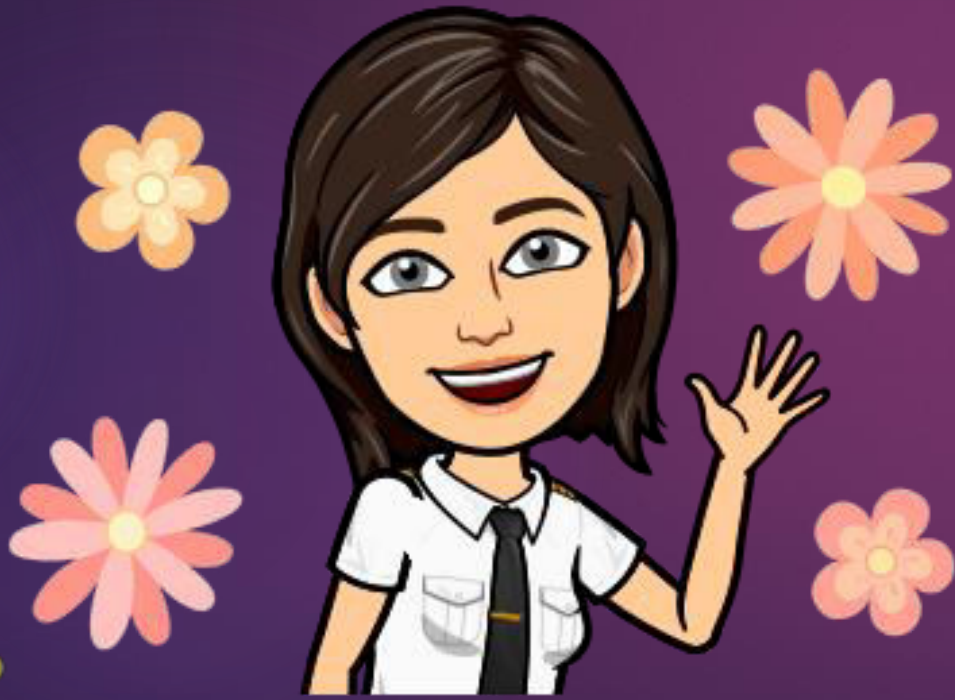
soap



So wash your hands every hour using water with soap for 20 second.

Stay at home For UAE and for your health.

GOOD BYE



Stay Safe

