

# Student Link

( Subject : Phys. Ed - Healthy Living )

Student Name: \_\_\_\_\_

## INSTRUCTIONS

Go to the GRADE 8 Door.

Click on HEALTH AND PHYSICAL EDUCATION.

You are looking for the **THE VIRTUAL BODY** link in the Healthy Living column. Select **ENGLISH**.

Click on



Bones Narrated

1. Listen to (or turn sound off and read) the narration and answer the following"  
What are the three primary purposes of the human skeletal system?

\_\_\_\_\_

2. How have bones contributed to the fields of History and the Arts?

a)

b)



3. What 5 important things do bones produce or store in the human body? \_\_\_\_\_

\_\_\_\_\_

4. How long does it take for bones to become fully formed?

The average human has \_\_\_\_\_ bones in total; \_\_\_\_\_ in the skull and \_\_\_\_\_ in the back.

What vitamins are required for healthy bones? Vitamins \_\_\_\_\_, \_\_\_\_\_ & \_\_\_\_\_

Explain what each of these vitamins do:

Vitamin \_\_\_\_\_ → \_\_\_\_\_

Vitamin \_\_\_\_\_ → \_\_\_\_\_

Vitamin \_\_\_\_\_ → \_\_\_\_\_

5. What two other things are required for healthy bones?

a)

b)

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6. **REVIEW** → Before moving on, the three main functions of our skeletal system is to:  
\_\_\_\_\_ & \_\_\_\_\_

7. Having completed the narration, click on **ZOOM IN** (near top left) Scroll over the chest area.

a) The chest is protected by \_\_\_\_\_ rib bones & most are connected in the middle to the \_\_\_\_\_.

b) The rib bones that are not connected here are called \_\_\_\_\_.

c) The anatomical name for this chest region is the \_\_\_\_\_.



8. Now scroll over the leg. Name the four bones.

A) \_\_\_\_\_

B) \_\_\_\_\_

C) \_\_\_\_\_

D) \_\_\_\_\_

### Build a Skeleton!

Take a few moments to play the skeleton game  
By reassembling our skeleton. When finished,  
Draw your best sketch of the human skeleton.

9. Now, we're going to take a Guided Tour of another organ system. Click on **Digestive Tract** then



### Guided Tour

If you find biology hard to swallow  
check out this guided tour.

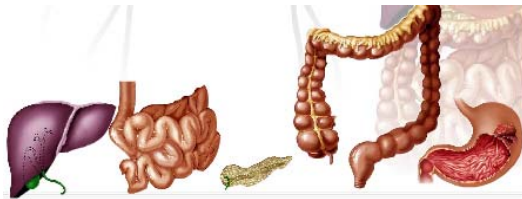
10. Read through the caption notes (or listen to the narration) to learn all you can about the digestive system. Identify something . . .

A) I didn't know before \_\_\_\_\_

B) That is a little gross \_\_\_\_\_

C) That amazes me \_\_\_\_\_

12.



What you see to the left, are all the parts of our Digestive System. Click on the Organize your Organs o see if you can put it all together correctly.