

Section 1 - Organisation

- **Cells** work together as tissues.
- **Tissues** work together as organs.
- **Organs** work together as **organ systems**.

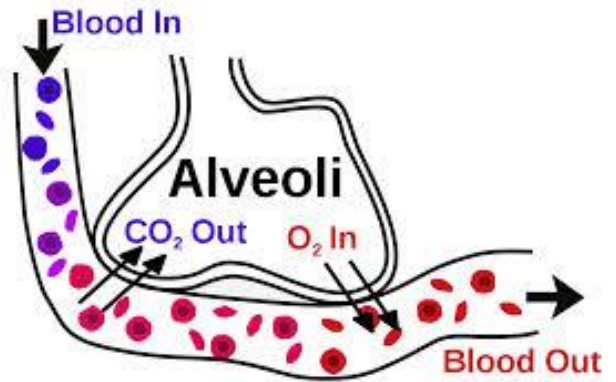
Section 2 - Organ systems

- Skeletal system
- Muscular system
- Circulatory system
- Digestive system
- Urinary system
- Nervous system
- Reproductive system
- Respiratory system

Section 3- Role of the lungs and gaseous exchange

Role of the lungs

- To supply oxygen to the cells in our body
- To remove harmful carbon dioxide from the cells in our body.

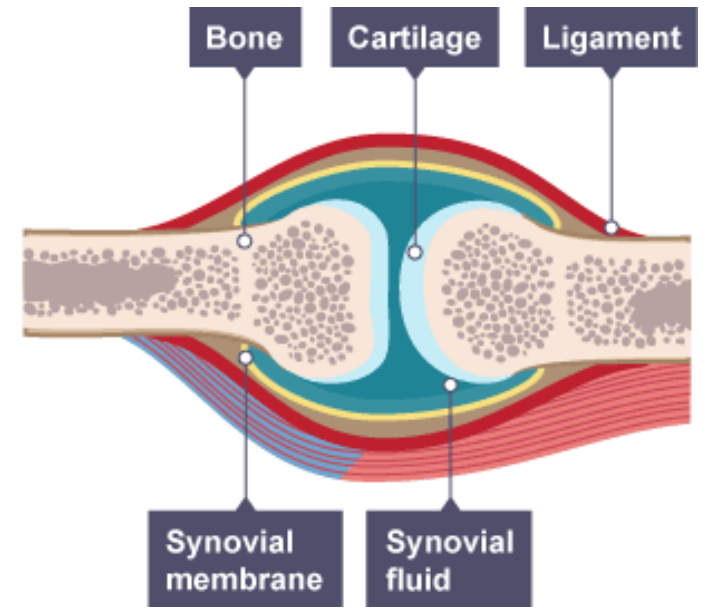


Section 4 - Functions of the Skeleton

- Support the body
- Protect vital organs
- Helps the body move
- Makes blood cells

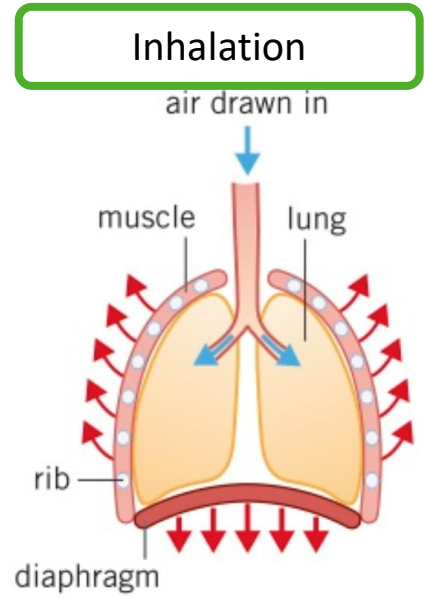
Long bones in your arms and legs, are not solid. In the middle of these bones is a soft tissue called **bone marrow**. **Bone marrow** produces red and white blood cells.

Section 5- Joints and Muscles



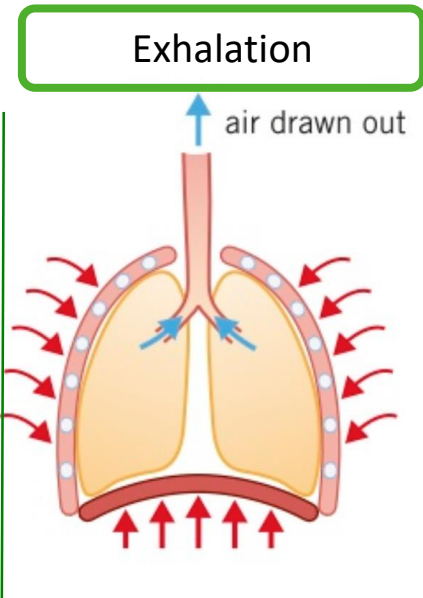
Muscles work in **antagonistic** pairs. As one **contracts** the other **relaxes**. Joints are where bones meet. They enable movement to occur.

Section 6 - Breathing



1. Diaphragm contracts moving it downwards.
2. Muscles between the ribs contract pulling them up and out.
3. Air rushes in due to a pressure decrease.

**Inhaled Air**  
 Oxygen ~21%  
 Carbon dioxide ~0.04%  
 Other gases ~1%  
 Nitrogen ~78%



1. Diaphragm muscle relax causing it to rise.
2. Rib muscles relax moving the ribs down and in.
3. Air is pushed out due to pressure increase.

**Exhaled Air:-**  
 Oxygen ~16%  
 Carbon dioxide ~5%  
 Other gases ~1%  
 Nitrogen ~78%