

### 3<sup>rd</sup> Grade Body Systems Review Sheet

- Your heart pumps blood filled with nutrients to all your body parts.
- Your lungs breathe in oxygen and breathe out carbon dioxide.
- Your heart is a pump.
- Smoking is bad for your lungs.
- The parts of the respiratory system are the nose, mouth, trachea, and lungs.
- The parts of the circulatory system are the heart and blood vessels.
- Cardio activities are good for your heart.
- Strength activities make your muscles strong.
- Flexibility activities make your muscles stretchy.
- The FITT principle helps to tell you about exercise.
  - F - Frequency - How often you exercise
  - I - Intensity - How hard the exercise is
  - T - Time - How long you exercise
  - T - Type - What kind of exercise

