



MINISTRY OF EDUCATION

PRIMARY ENGAGEMENT PROGRAMME
GRADE FOUR WORKSHEET
SUBJECT: SCIENCE

LESSON: 1 WEEK1

TOPIC: THE RESPIRATORY SYSTEM

Name: _____ Date: _____

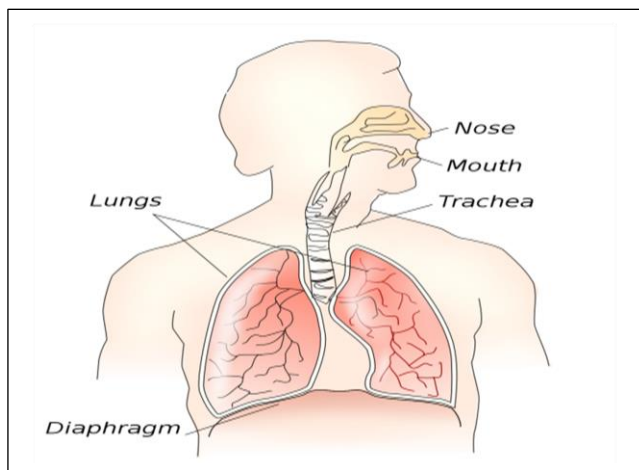
FACT/TIP:

Definition: Respiration is the process of breathing in and out gases.

The Process of Breathing

- The air we breathe enters through the mouth or nose.
- After entering the nose or mouth it goes into the **trachea** or **windpipe**.
- The hairs in the nose pick up bits of dust from the air.
- When we inhale the ribcage moves up and out.
- When we exhale the ribcage moves down and in.
- When we exhale the lungs become smaller as the air leaves the lungs.

Parts of the Respiratory System



The main parts of the Respiratory System are: nose, mouth, trachea/windpipe, lungs and diaphragm.

ON YOUR OWN

Provide answers to these questions.

1. What happens when we inhale and exhale?

2. Which is the main organ in this system?

3. List the main parts of the Respiratory System.

4. Why do we need the hairs in our nose?

5. Why is the Respiratory System important?

HOMEWORK

Describe what happens to your breathing when you jump up and down.



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LESSON: 2 WEEK1

TOPIC: FUNCTIONS OF THE NOSE, WINDPIPE AND LUNGS

Name: _____ Date: _____

FACTS/TIPS:

The Nose

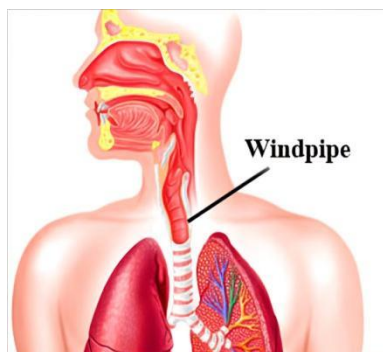


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Learn these fun facts!

- The nose cleans the air that we breathe.
- The nose is the main track for breathing.
- The two holes in our nose are called nostrils.

The Windpipe/Trachea



Learn these fun facts!

- Another name for windpipe is trachea.
- The windpipe takes air to and from the lungs.
- We cannot live without the windpipe.
- When a person inhales, air travels through the nose, then down windpipe.

The Lungs



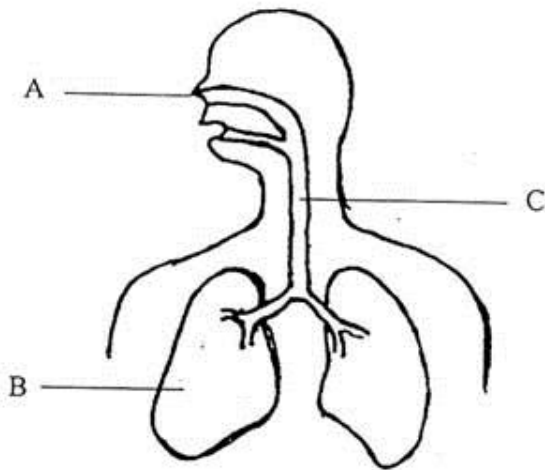
Learn these fun facts!

- They are the main organ of the Respiratory System.
- The lungs bring oxygen into the body and remove carbon dioxide from the body.

ON YOUR OWN

Answer these questions.

Study the diagram of the respiratory system below.



Write the names for the parts at

A _____

B _____

C _____

1. What is the name given to the two holes in our nose?

2. Write two functions of our nose.

HOMEWORK

Answer these questions

1. Find out then name one disease that can affect the respiratory system.

2. State the other name for windpipe.

3. Name the two gases that are involved in the breathing process.



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LESSON: REVIEW WEEK1

TOPIC: THE RESPIRATORY SYSTEM

Name: _____ **Date:** _____

Provide the answers for all of the questions below.

1. What is the name of the main gas that goes into our nose or mouth when we inhale? _____

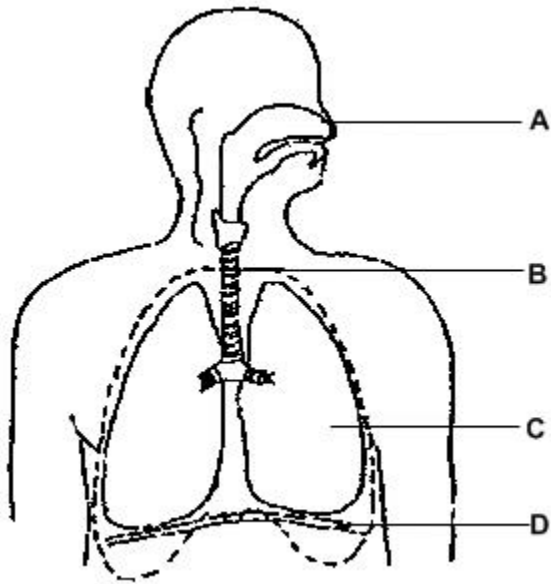
2. The three main parts of the Respiratory System are the _____, _____ and _____.

3. What is the function of the windpipe?

4. Why are the lungs important?

5. At which point in the breathing process do the lungs get smaller?

Match the parts to the correct names.



6. diaphragm

7. trachea

8. nose

9. lungs

10. Write one function for the part labelled C.



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LESSON: 1 WEEK 2

TOPIC: THE CIRCULATORY SYSTEM

Name: _____ Date: _____

FACTS/TIPS

Definition:

The Circulatory System is the system that moves blood throughout the body.

The blood goes around your body and it makes a complete trip in half a minute.

Parts of the Circulatory system are:

Heart Arteries Veins Capillaries

We can keep these parts healthy by:

- Eating a balanced diet and avoiding too much fatty foods
- Exercising regularly
- Staying away from harmful drugs

THE CIRCULATORY SYSTEM consist of the

HEART

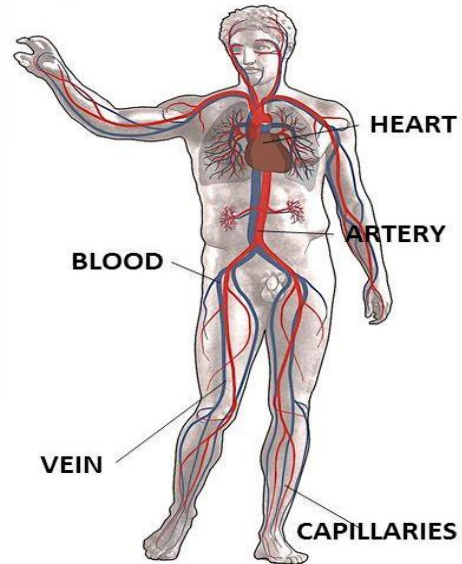
BLOOD VESSELS

VEINS

ARTERIES

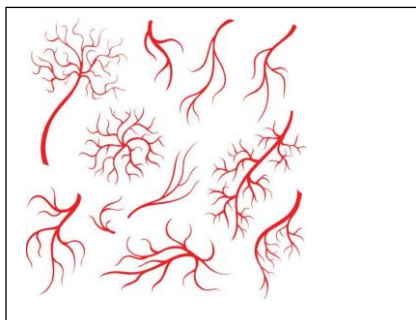
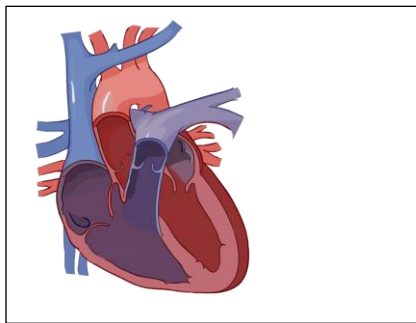
CAPILLARIES

BLOOD.



ON YOUR OWN

Match each part of the circulatory system to the correct name.

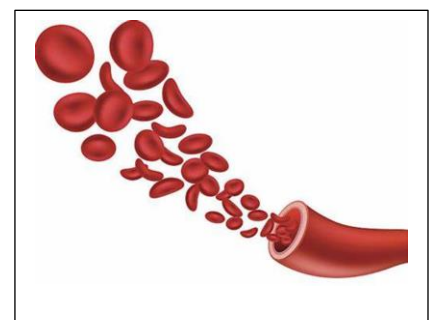
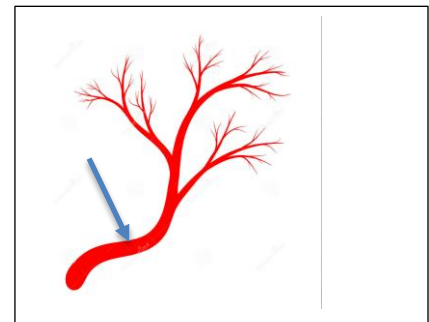


veins

arteries

blood

heart



Give one reason why the circulatory system is important.

- 1 Identify two ways in which we can keep the main parts healthy.
- 2 Which is the most important part in the circulatory system?
- 3 What advice would you give to someone who smokes tobacco?
- 4 Write what will happen to the parts of the circulatory system if someone smokes cigarettes.

Homework:

Answer these questions.

- 1 Which is the most important part in the circulatory system?

- 2 The main organs of the circulatory system are

- 3 Write can happen to the parts of the circulatory system if someone smokes cigarettes.



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LESSON: 2 WEEK 2

TOPIC: THE CIRCULATORY SYSTEM-FUNCTIONS OF THE MAIN PARTS

Name: _____ Date: _____

FACTS/TIPS

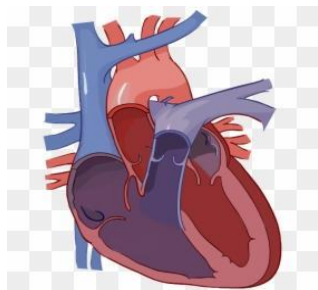
Learn these fun facts!

Blood



- Blood is needed to keep us alive.
- Blood takes nutrients to all parts of the body.
- Blood provides the body with oxygen and removes carbon dioxide.

Heart



- The heart pumps blood to other parts of the body.
- The heart supplies oxygen and nutrients to tissues in the body.
- The heart and blood remove waste from the body.

Blood Vessels



- There are three main types of blood vessels: **arteries**, **veins** and **capillaries**.
- **Arteries** transport blood away from the heart.
- **Veins** return blood back to the heart.
- **Capillaries** help to connect your arteries and veins.

ON YOUR OWN

Provide answers to these questions.

1. What are two functions of blood vessels?

2. Name the parts of the circulatory system that take nutrients to the body.

3. Give two reasons why the heart is an important organ.

HOMEWORK

In one paragraph, write about the circulatory system.



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LESSON: REVIEW WEEK 2

TOPIC: THE CIRCULATORY SYSTEM-FUNCTIONS OF THE MAIN PARTS

Name: _____ **Date:** _____

Provide the answers to these questions below

1. What is the circulatory system?

2. The parts that make up the circulatory system are _____, _____ and

_____.

3. State two things we can do to keep our circulatory system functioning properly.

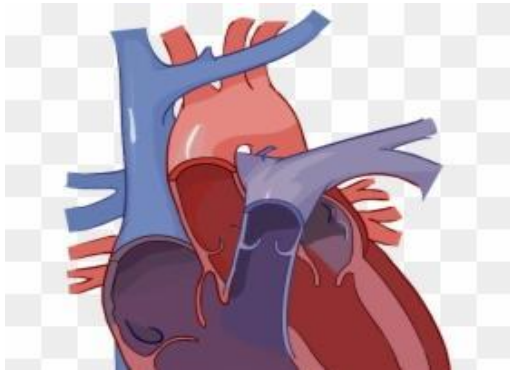
4. The blood helps to

5. Name the blood vessel that takes blood away from the heart.

6. Which blood vessel is responsible for taking blood back to the heart? _____

7. The blood vessels are the _____,
_____ and _____.

8. Below is a diagram of the heart. In one sentence, say why this organ is important?



9. Jane wants to know the two parts of the circulatory system that remove waste from the body. Which two parts will you tell her?

10. Two exercises we can do each day are _____ and _____.



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LESSON: 1 WEEK 3

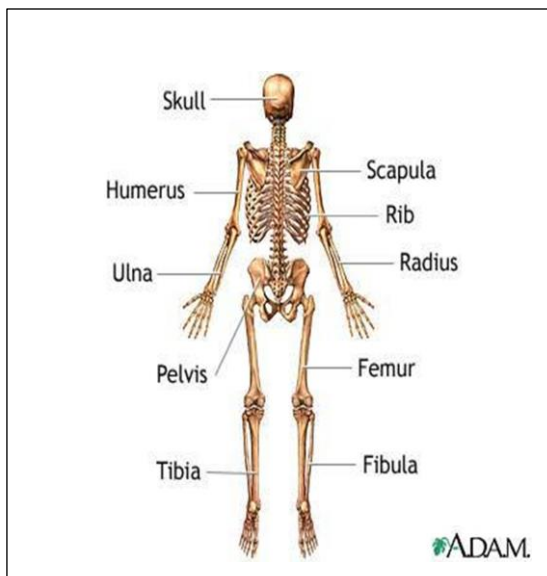
TOPIC: THE SKELETAL SYSTEM

Name: _____ Date: _____

FACTS/TIPS:

Learn these fun facts!

Definition: The skeleton system is the bony framework of the human body.



- It forms an attachment for muscles and flesh.
- It gives the body its shape.
- The main parts of the skeletal system are the: skull,
- rib-cage,
- backbone
- pelvis
- bones of the arms and legs.

ON YOUR OWN

Answer these questions.

1. What is the bony framework of the body called?

2. What does this system do to your body?

3. List the main parts of this system.

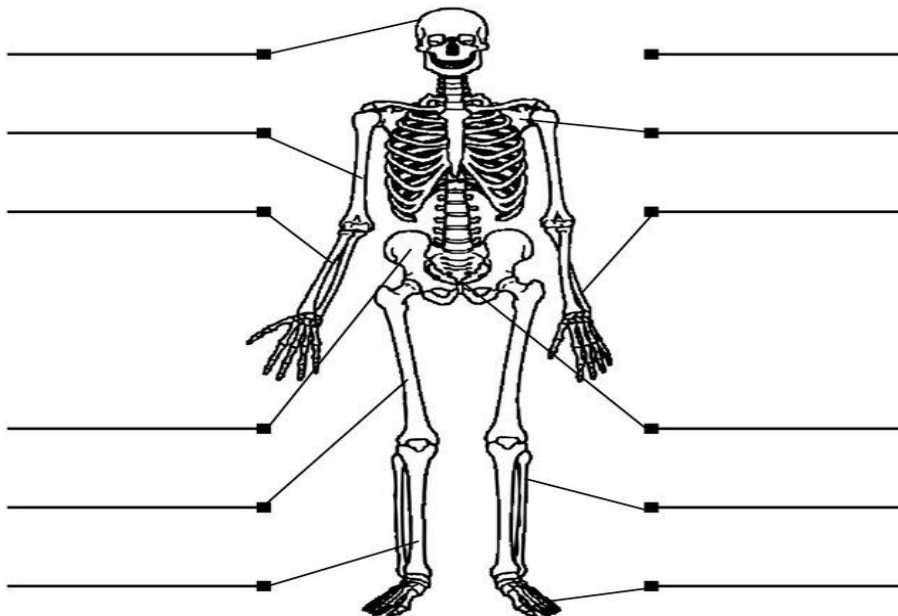
4. In which bony structure is the brain found?

HOMEWORK

Skeletal System

Directions: Label the parts of the skeleton.

skull	fibula	sternum	radius
coccyx	ulna	pelvis	femur
scapula	phalanges	tibia	humerus





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LESSON: 2 WEEK 3

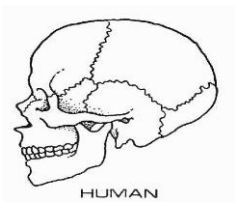
TOPIC: THE SKELETAL SYSTEM-FUNCTIONS OF THE SKULL, BACKBONE AND RIBCAGE

Name: _____ Date: _____

FACTS/TIPS:

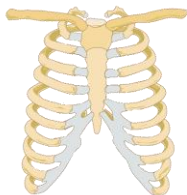
Learn fun facts about the skull, backbone and ribcage

Skull



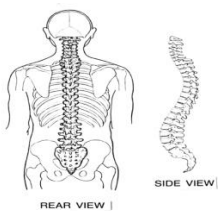
The skull protects the brain.

Ribcage



The rib cage protects the heart and the lungs and aids in breathing.

Backbone



The backbone helps to support the body while protecting the spinal cord.

Joints

A joint is where two or more bones meet. Some joints permit movement of the bones.

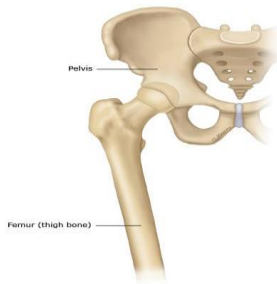
Examples of joints are shoulder, elbow, wrist, hip, knee and ankle joints



Shoulder joint



Wrist joint



Hip joint



Knee joint



Ankle joint

ON YOUR OWN

Answers these questions.

1.The _____, _____ and _____ are examples of joints.

2. Write the name of the bone that supports the skeletal system.

3.The heart and the lungs are protected by the _____.

4. A joint is _____

5. One joint found in the human body is the _____.

HOMEWORK

Draw pictures to represent ankle joint, knee joint, hip joint and wrist joint.



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LESSON: REVIEW WEEK 3

TOPIC: THE SKELETAL SYSTEM-FUNCTIONS OF THE SKULL, BACKBONE AND RIBCAGE

Name: _____ **Date:** _____

Answer all the questions below.

1. The skeletal system is the

_____.

2. Which part of the skeletal system protects the spinal cord?

3. The main function of the skull is to

_____.

4. The heart and lungs are protected by the _____.

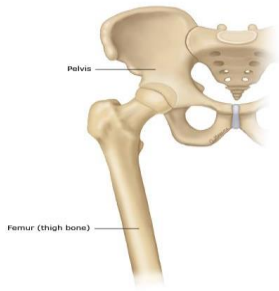
Write T for true and F for false for questions 5-7

5. The skull is a part of the skeletal system. _____

6. A joint cannot be found at the hip. _____

7. The ribcage is important because it helps us to breathe. _____

For questions 8-10 write the names of the joints shown below.



8.



9.



10.



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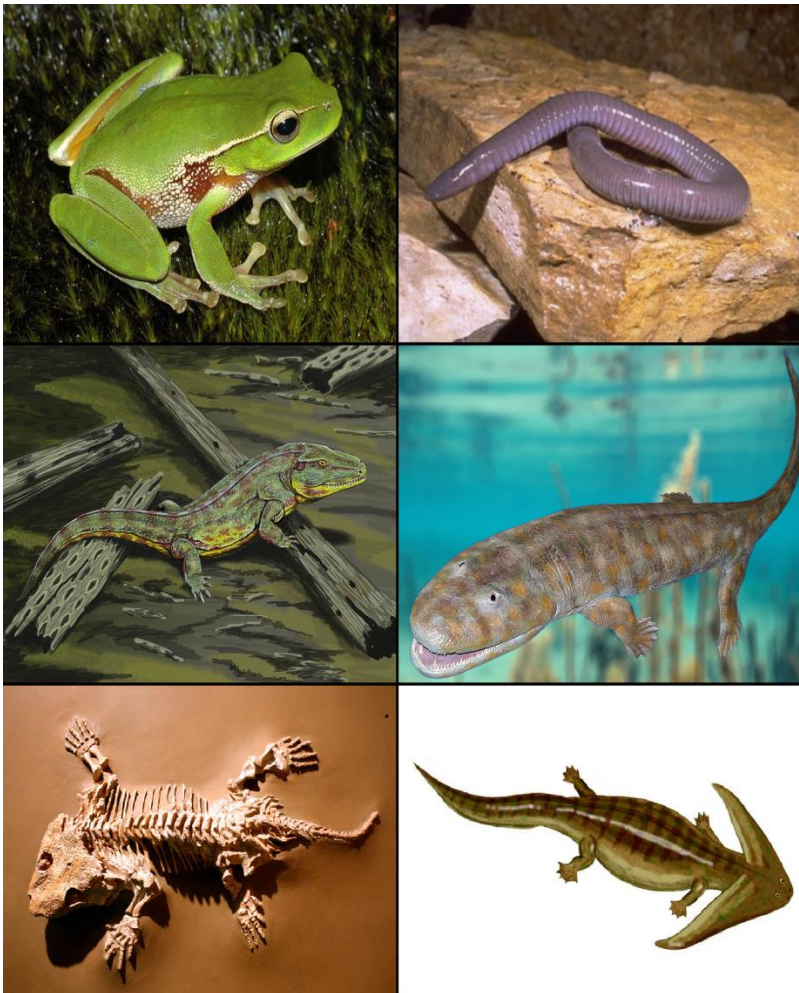
LESSON: 1 WEEK 4

TOPIC: FEATURES OF VERTEBRATES

Name: _____ Date: _____

FACTS/TIPS:

Learn these fun facts!



- Vertebrates are animals with backbone.
- Their body coverings include skin, hair, fur, feathers and scales.
- Their limbs include legs, arms, wings and fins.
- Their young are hatched from eggs or born alive.
- They differ in shape, size, and colour.

ON YOUR OWN

Answer these questions.

1. Name two animals that are vertebrates.

_____.

2. Three examples of body coverings are _____,
_____ and _____.

3. Vertebrates are animals _____.

4. Vertebrates have limbs. Two of these limbs are _____
and _____.

5. Name one animal that is hatched. _____

HOMEWORK

Collect pictures of vertebrates and make a scrapbook. Write the name of each animal.



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LESSON: 2 WEEK 4

TOPIC: SIMILARITY AND DIFFERENCES OF VERTEBRATES

Name: _____ Date: _____

FACTS/TIPS:

Learn these fun facts!

All vertebrates have backbone.



Vertebrates are different by the cover of their skin, how they give birth and how they get their food.



ON YOUR OWN

Answer these questions.

1. Vertebrates are alike because they all have

_____.

2. Three vertebrates that feed on the flesh of animals are

_____, _____ and _____.

3. Sheep are covered with wool while birds are covered

with_____.

4. One vertebrate that gives birth is the _____.

5. Plants and sheep feed on _____.

HOMEWORK

Write a short letter to your friend telling him or her about similarities and differences of vertebrates.



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LESSON: REVIEW WEEK 4

TOPIC: SIMILARITY AND DIFFERENCES OF VERTEBRATES

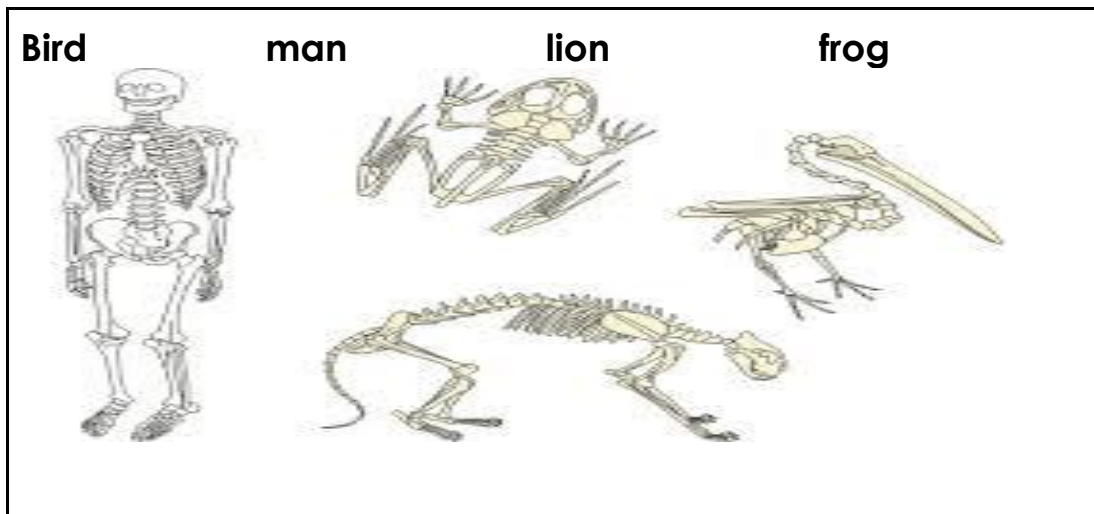
Name: _____ Date: _____

Answer all of the questions below.

1. All vertebrates have _____.

2. Fur is to cat as _____ is to cow.

For questions 3-6 match the name to the correct skeleton.



Write T for true and F for false for questions 7-10.

7. Vertebrates are animals without backbone. _____

8. A dog is an example of a vertebrate.____

9. All vertebrates are born._____

10. A cat lays eggs._____