



8.04.25
Tuesday C.W



Competencies

C-2.4, C-2.5, C-2.6, C-3.1,
C-3.2, C-3.3, C-3.4,

2 Our Body

8.04.25



- Critical thinking
- Self-awareness



GEAR UP

We have five fingers in each hand. Write their names. Use words from the box.

ring finger

little finger

thumb

index finger

middle finger

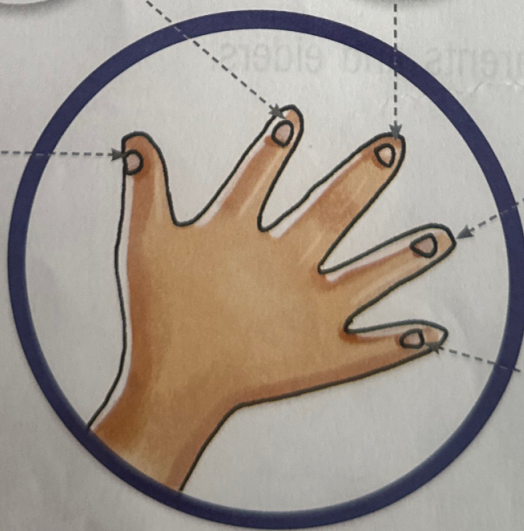
Index
finger

Middle
finger

Thumb

Ring
finger

little
finger





Remember

- Our body parts are of two types—external and internal organs.
- The heart pumps blood to all parts of the body.
- The brain helps us to think.
- The stomach helps us to digest food.
- The kidneys help the body to get rid of waste.
- We have five sense organs.
- The names of the sense organs are: eyes, ears, nose, skin and tongue.
- We should keep all the body parts clean.
- We should take proper rest.

Test Yourself

8.04.25



C.W

A. Tick (✓) the correct answer.

1. Which of these organs is an internal organ?
(a) Nose ☐ (b) Heart ☒
2. Which organ pumps blood to all parts of the body?
(a) Heart ☒ (b) Stomach ☐
3. Which organ helps us to digest food?
(a) Stomach ☒ (b) Heart ☐
4. How many lungs do we have?
(a) 1 ☐ (b) 2 ☒



B. Answer these questions.

1. Name any two internal organs. Lungs, heart
2. Which organ helps us to think? Brain
3. How many sense organs do we have? Five

C. Name the following parts of the body.

1 Ear

2 Mouth

3 Hand

4 Nose

D. Think and Answer

Does our heart beat when we sleep?

• Critical thinking



Activity

Label the internal organs.

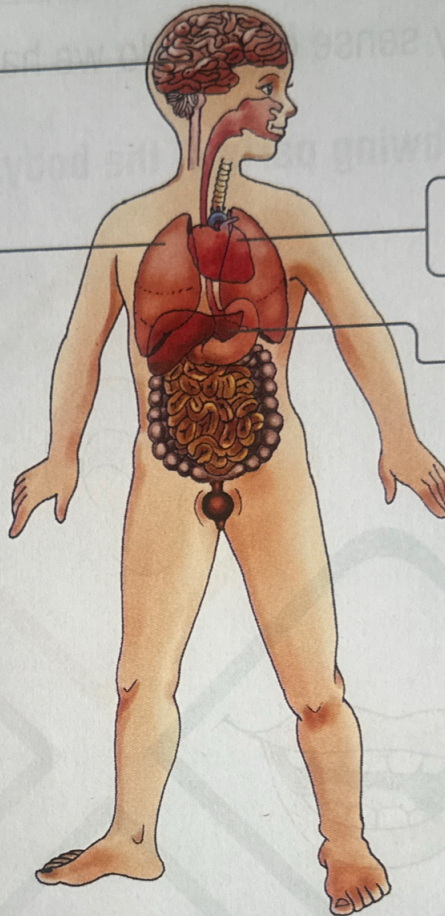


Brain

Lungs

Heart

Liver



LIFE SKILLS

Tick (✓) the correct posture.

