

How Your Body Works as a Team

Your cells, tissues and organs work together like players on a team. Each one has a specific job to do.

Write about a time when your body responded to something happening around you. You could write about running hard, getting cold, feeling scared, or tasting something sour. Describe what you noticed happening in your body. Explain which body systems were working together to help you respond ([Outcome](#)).

Where to start

- What did you feel or notice in your body during this moment?
- Which body systems do you think were involved (for example, your heart beating faster, your muscles working, your eyes focusing)?
- How did different parts of your body work together to help you deal with what was happening?
- Why do you think your body reacted this way instead of staying still?

Stretch

Research one human body system (respiratory, circulatory, or digestive) and describe how the cells and tissues in that system work together to keep you healthy ([Outcome](#)).