

**First Semester of the Academic Year 1447-2025**

**Worksheet week 11**

Level		Name	
Subject		Class	

**Q1- Multiple Choice:**

1- Which system protects soft organs and gives the body shape?

- a) Muscular system      b) Nervous system  
c) **Skeletal system**      d) Endocrine system

2- How do muscles help the body move?

- a) By pushing bones      b) **By pulling bones through tendons**  
c) By protecting organs      d) By sending signals

3- What does the endocrine system release to help the body react quickly?

- a) Oxygen      b) **Hormones like adrenaline**  
c) Electrical signals      d) Bones

4- The nervous system includes:

- a) Bones and muscles      b) **Brain, spinal cord, and nerves**  
c) Heart and lungs      d) Tendons and ligaments



5- Which system helps the body respond to danger by increasing heart rate?

- a) Muscular system      b) Nervous system  
c) **Endocrine system**      d) Skeletal system

## Q2- Fill in the blanks:

1. The **skeletal** system works with muscles to move the body.
  2. Muscles always work in **pairs**; when one contracts, the other relaxes.
  3. The **nervous** system sends electrical messages to control movement and senses.
  4. The skeletal system protects soft organs like the **heart**, lungs, and brain.
  5. Hormones like **adrenaline**\_\_ help the body react quickly in danger.
  6. The nervous system sends **signals**\_\_ from the brain to the **muscles** to control movement.
- 

## Q3-True or False:

1. The muscular system pushes bones to make the body move. ✗
2. The skeletal system gives the body shape and supports movement. ✓
3. The nervous system includes ligaments and tendons. ✗
4. All body systems work together to keep the body alive and active. ✓
5. Adrenaline is released by the muscular system. ✗
6. Bones can move by themselves without muscles. ✗



"Move, Feel, Live!"



Good Luck

The End of the Questions

