

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

**Worksheet week 11**

<b>Level</b>		<b>Name</b>	
<b>Subject</b>		<b>Class</b>	

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

