

First Semester of the Academic Year 1447-2025

Worksheet week 12

Level		Name	
Subject		Class	6

Body Systems & Movement Review Worksheet With Answer

Multiple Choice Questions:

1. Which system removes waste materials from the body?
a) Digestive **b) Excretory** c) Endocrine d) Nervous
2. Which body system delivers oxygen and nutrients to all parts of the body?
a) Circulatory b) Respiratory c) Muscular d) Skeletal
3. Which organ is part of the respiratory system?
a) Heart **b) Lungs** c) Stomach d) Kidneys
4. What connects bones to other bones?
a) Ligaments b) Tendons c) Nerves d) Muscles
5. Which system helps control movement and senses using electrical signals?
a) Endocrine **b) Nervous** c) Digestive d) Circulatory
6. What happens when one muscle in a pair contracts?
a) The other contracts too **b) The other relaxes**
c) The bones stop moving d) The muscle breaks
7. The hormone adrenaline helps the body to:
a) Sleep better b) Move food faster
c) React quickly in danger d) Stay warm
8. Which system gives the body shape and protects organs?
a) Muscular b) Circulatory **c) Skeletal** d) Respiratory
9. In a closed circulatory system, blood:
a) Leaves the vessels **b) Stays inside the vessels**
c) Stops moving d) Moves outside the body
10. Which animals depend on their environment to control their body temperature?
a) Mammals b) Birds **c) Reptiles** d) Humans

Fill in the Blanks:

1. The **digestive** system breaks down food into simple nutrients.
 2. The **excretory** system removes waste from the body.
 3. The circulatory system carries **oxygen, nutrients,** and **blood** throughout the body.
 4. The **muscular** system works with the **skeletal** system to move the body.

 5. Muscles work in pairs, when one **contracts,** the other **relaxes.**
 6. The endocrine system releases hormones like **adrenaline**
 7. **Warm-blooded** animals keep their body temperature constant.
-

True or False:

1. The respiratory system helps bring oxygen into the body. **True**
 2. Ligaments connect muscles to bones. **False** (Tendons do that)
 3. The heart is part of the circulatory system. **True**
 4. The skeletal system helps protect internal organs. **True**
 5. Adrenaline is released by the endocrine system. **True**
 6. Invertebrates always breathe using lungs. **False**
 7. The muscular system moves bones by pulling on them. **True**
 8. Warm-blooded animals depend on the sun for body heat. **False**
-

Explain with short answers:

1. How do the circulatory and respiratory systems work together?

The respiratory system brings oxygen into the lungs, and the circulatory system carries that oxygen through the blood to all body cells.

2. Why is the skeletal system important?

It gives shape to the body, supports movement, and protects soft organs like the brain, heart, and lungs.

Great work! 🦋

Keep learning and exploring how your amazing body works 🦋