

Boffins 2

100m.

Write the missing words:

- 1) The harder you work, the more e----- your muscles need to use.
- 2) Your h----- beats faster and you b----- faster, to get food and o----- to the muscles.
- 3) A heart beats at about ?? beats per minute, in adults, but it is faster/slower in children.
- 4) The fitter you are, the faster/slower your heart beat.
- 5) The heart is a p---- that moves blood around your body.

Two points per correct answer.

Points: .....

Javelin

Match the major organs to their jobs.

- |  |               |                 |
|--|---------------|-----------------|
| 1) Exchange gases. Oxygen in; carbon dioxide out.            | A) ears       | 1/3 = 1 point   |
| 2) Enable us to hear sound waves in the air.                 | B) brain      | 4/5 = 3 points  |
| 3) Process our food.   | C) heart      | 6/7 = 5 points  |
| 4) Controls the whole body.                                  | D) eyes       | 8/9 = 7 points  |
| 5) Holds up the body. Allows us to move. Protects organs.    | E) lungs      | 10/11= 8 points |
| 6) Pumps blood around the body.                              | F) liver      | 12 = 10 points  |
| 7) Work in pairs to enable us to move.                       | G) stomach    |                 |
| 8) Allow us to see light.                                    | H) kidneys    |                 |
| 9) Stores urine and empties when we go to the toilet.        | I) bladder    |                 |
| 10) Stores and controls chemicals in the body.               | J) muscles    |                 |
| 11) Clean the blood, remove waste substances and make urine. | K) skeleton   |                 |
| 12) Holds food and starts to break the food down.            | L) intestines |                 |

Points: .....

200M.

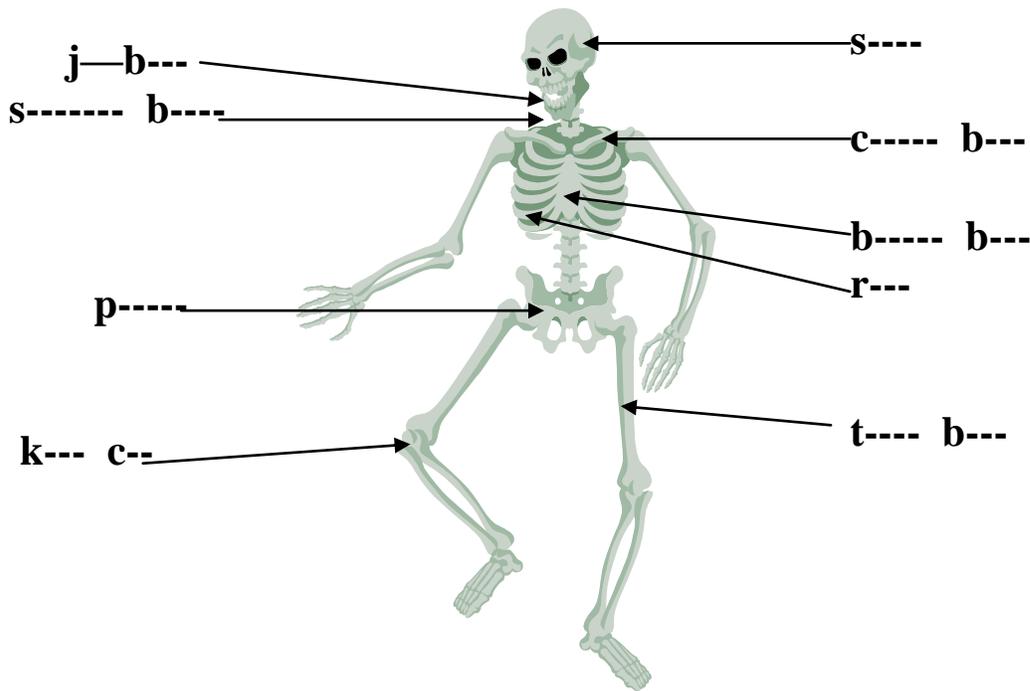
- 1) The skull protects your ----- One point for each correct sentence.
- 2) The ribs protect the h----- and l-----.
- 3) The backbone protects the s----- cord.
- 4) At joints, muscles pull on the b-----.
- 5) Ligaments ) Which is which? - hold joints together.
- 6) Tendons ) - join muscles to bones.
- 7) Muscles always work in p-----.
- 8) To move a joint, one muscle gets (longer/shorter) and PULLS the bone, while the other muscle gets (longer/shorter) and relaxes.
- 9) Humans have three types of teeth, m-----, c----- and i-----.
- 10) B----- cause tooth decay. Sugar left in the mouth is eaten by these microbes. They then form a white sticky slime covering the teeth, called plaque. The plaque contains acid which rots away the tooth enamel and weakens teeth.

Points: .....

**Discus**

Name the parts on the skeleton.

One point for each correct answer. (Bonus point if all are right.)



Points: .....

**Weight Lifting**

- 1) One a----- takes blood to the l----, where it picks up o----- gas and goes back to the h-----. (2 points)
- 2) The blood travelling TO the lungs lets out c -----d----- into the lungs, which is breathed out.(4 points)
- 3) Other a----- then takes the blood, away from the heart, with the o----- and f----- , to all the body cells. (6 points)
- 4) V----- return the blood away from the cells and back to the heart. (8 points)
- 5) C----- are small blood vessels which allow f----- and g----- to move in and out of the cells and bloodstream. (10 points)

Points: .....

**Steeple Chase One point for each correct sentence.**

- 1) Smoking causes heart attacks, cancer and breathing problems. Tobacco contains n-----, which causes addiction.
- 2) Alcohol, IN SMALL AMOUNTS, is not as harmful as smoking, but it slows your r-----.
- 3) Heavy drinking damages your l-----, h----- and s-----. It causes your blood pressure to rise.
- 4) D---- are very dangerous. Many are VERY ADDICTIVE. They can cause damage to your brain, or just kill you!
- 5) You need c----- starches for energy. You can find them in bread, pasta, cereals and rice.
- 6) You need p----- for cell growth and repair. You can find the in fish, meat, milk and eggs.
- 7) You need some f---s for energy. Find them in milk, cheese, butter, cooking oil and meat.
- 8) You need f----- to help move food move through the gut. Find it in whole grain bread, cereals, fruit and vegetables.
- 9) V----- and m----- keep your cells healthy. Find them in fruit. Vegetables and dairy produce.
- 10) 70% of your body is w-----. You should drink lots of it every day. You can also get it from fruit and vegetables.

Points: .....

Total Points: .....

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