

Science

Quarter 1 Living Things and Their Environment

Learner's Activity Sheet



Photo Credit: <https://www.dkfindout.com/us/animals-and-nature/what-is-living-thing/>

UNIT 1

Respiratory and Circulatory Systems Working with Other Organ Systems

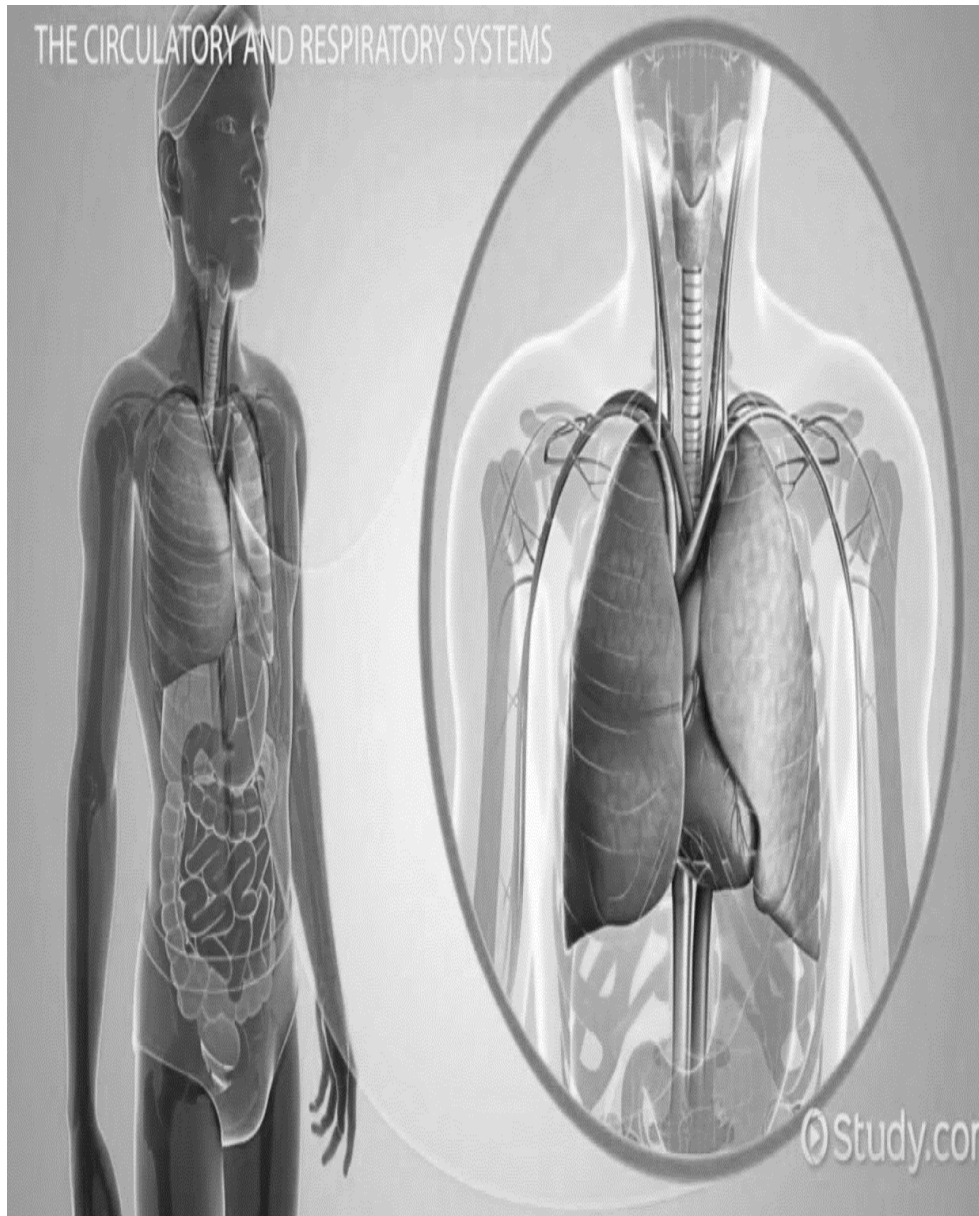


Photo Credit: https://www.youtube.com/watch?v=kCwFDB_SUDA/

Science – Grade 9

Activity Worksheet

Quarter 1 – Living Things and their Environment

First Edition, 2020

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Unit 1

Respiratory and Circulatory Systems Working with Other Organ Systems

Overview



Fig. 1 Human Respiratory System

Source: <https://www.livescience.com/22616-respiratory-system.html>

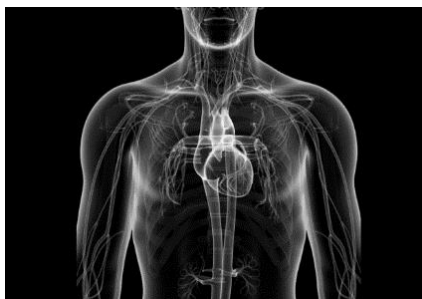


Fig. 2 Human Circulatory System

Source: <https://sites.temple.edu/biofoods/cardiovascular-system/>

Your body is a fascinating creation that can carry out incredible tasks and activities. It is like a machine that is able to function with proper organization of parts and systems.

In the past, you were introduced to the different levels of organizations in the human body and the mechanisms involved in it. You have learned that the human body is composed of different systems, which are collections of cells, tissues, and organs, each of which has a special job that keeps you alive. Are you familiar with the human body systems in fig.1? fig. 2? Can you name some of its parts and functions?

At the end of this unit, you are expected to:

1. Explain the mechanism on how the respiratory and circulatory systems work together to transport nutrients, gases, and molecules to and from the different parts of the body.

LET'S TRY! (PRE-ASSESSMENT)

Directions: Fill in the K-W-H-L Chart below to assess your prior knowledge and understanding of the topic, Respiratory and Circulatory Systems, Working with the other Organ Systems.

K	W	H	L
What do I know?	What do I want to find out?	How can I found out what I learn?	What did I learn?

NAME: _____

GRADE & SECTION: _____ DATE: _____

TITLE OF THE ACTIVITY: Parts of the Respiratory System

LEARNING COMPETENCY CODE: S9LT-Ia-b-26.1.1

First Quarter Day 1

For the learner:

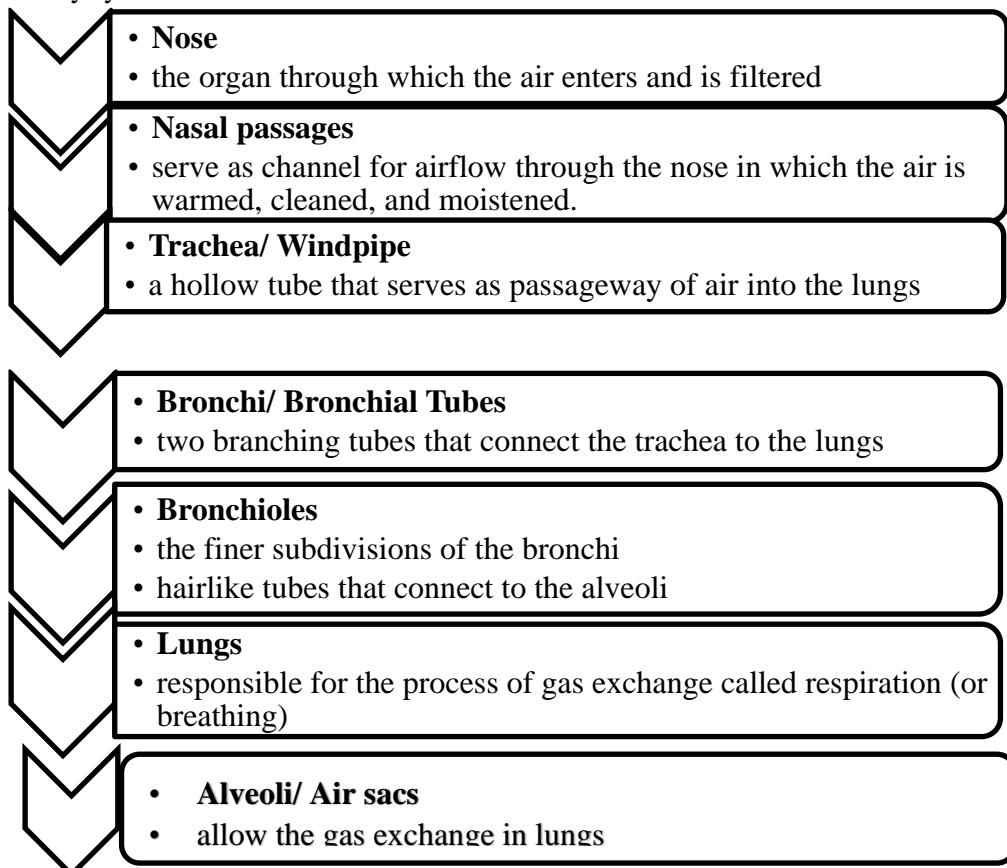
This worksheet contains activities about the parts and functions of respiratory system. You may answer directly to this activity sheets and make sure to follow the directions stated in each part of the activity. Answer all questions the best that you can and please write eligibly.

For the parents:

Learners may require your guidance in following the directions and answering the questions in each part of the activity. Make sure that they answer each part of the worksheet.

ACTIVITY 1

Respiratory system is made up of the organs in the body that help us to breath. Just remember that the word respiration is linked to breathing. The primary and accessory organs of the respiratory system are:

- 
- **Nose**
 - the organ through which the air enters and is filtered
 - **Nasal passages**
 - serve as channel for airflow through the nose in which the air is warmed, cleaned, and moistened.
 - **Trachea/ Windpipe**
 - a hollow tube that serves as passageway of air into the lungs
 - **Bronchi/ Bronchial Tubes**
 - two branching tubes that connect the trachea to the lungs
 - **Bronchioles**
 - the finer subdivisions of the bronchi
 - hairlike tubes that connect to the alveoli
 - **Lungs**
 - responsible for the process of gas exchange called respiration (or breathing)
 - **Alveoli/ Air sacs**
 - allow the gas exchange in lungs

OBJECTIVES

- Identify the key parts of the breathing system.
- Describe the function of each part of the breathing system.



WHAT I NEED (MATERIALS)

- Worksheet
- Pen



WHAT TO DO (PROCEDURE)

PART A: Directions: Find and encircle the words connected to the respiratory system in the grid.

Y	O	G	A	B	T	C	X	J	A	D	B	C	I	V
W	Y	X	I	Z	J	B	O	O	I	R	A	F	L	K
B	M	H	Y	H	Q	E	J	A	Y	I	Q	I	O	N
L	W	F	M	G	H	C	P	K	A	T	L	P	E	L
F	F	I	E	T	E	H	U	T	D	R	U	F	V	U
D	H	P	A	D	R	N	L	K	K	E	P	P	L	N
M	S	E	K	A	G	M	F	U	T	S	B	L	A	G
I	R	P	G	O	Y	X	Y	K	D	P	K	K	K	S
B	C	M	B	H	A	R	Z	M	R	I	P	G	X	F
C	Q	H	V	F	R	E	F	W	S	R	N	T	J	H
B	R	O	N	C	H	I	H	T	K	A	R	S	P	S
H	J	M	W	W	A	Q	K	C	P	T	W	B	P	W
E	S	I	C	R	E	X	E	T	A	O	T	S	X	R
G	S	Y	R	B	B	Q	Q	Z	X	R	O	V	A	N
Z	C	X	W	A	Y	X	P	Y	H	Y	T	S	Z	U

ALVEOLI
BREATHE
BRONCHI

DIAPHRAGM
EXERCISE
LUNGS

OXYGEN
RESPIRATORY
TRACHEA

PART B:

1. Observe the picture of the bunch of grapes. Let the bunch of grapes represent the breathing system.
2. Locate the parts of the breathing system: the main stem as the **trachea**, the large branching stems as the **bronchi**, and all the little stems as the **bronchioles**. The individual grapes are the **air sacs** or **alveoli**.
3. Trace the pathway of oxygen using the “Bunch of Grapes” diagram. Note that air moves from the nose (nasal cavity) and mouth (oral cavity) to the trachea, bronchi, bronchioles, and then into the alveoli (air sacs). The air we breathe carries the gas *oxygen*. When we breathe, the oxygen goes to the lungs.

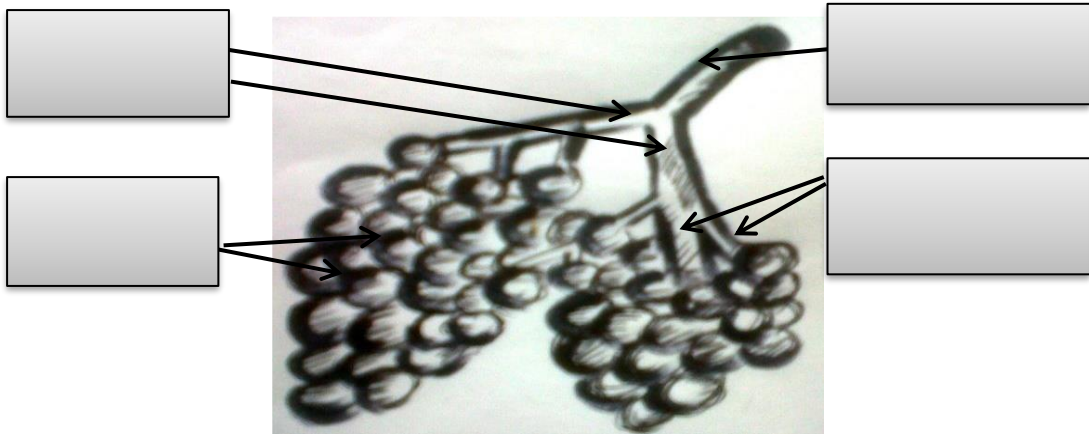


Fig. 3 The bunch of grapes model of the breathing system

Guided Questions:

1. What does each part of the “Bunch of Grapes” diagram represent, in relation to the breathing system?

2. How will you describe the pathway of oxygen in the breathing system?



WHAT I LEARNED (GENERALIZATION)

Complete the paragraph below:

Respiration begins in the _____, where air comes into the body. Air travels through the _____ to the _____. The diaphragm pushes up and down to fill and empty the lungs. Inside the lungs, air in the _____ travels to the small sacs called _____. Inside those small sacs is where the important gas exchange occurs.



WHAT I CAN DO ABOUT IT (APPLICATION)

What do you think will happen if one part of the system fails to carry out its function properly?



CHALLENGE (EVALUATION)

A. Use the word bank to match the term to the definition and write your answer below.

lungs trachea diaphragm nasal passages bronchioles alveoli

1. _____ these little sacs are where carbon dioxide leaves the blood and oxygen enter it
2. _____ this large muscle helps you fill and empty your lungs
3. _____ you inhale air through these about 20 times a minute.

4. _____ two large, and very important, organs inside your chest cavity.
5. _____ the tube that carries air to the lungs.
6. _____ the tubes inside the lungs that lead to the alveoli.

B. Refer to the diagram (Fig.4) below. Check your understanding of the breathing system by labeling each part and giving its functions in the box corresponding to the part.

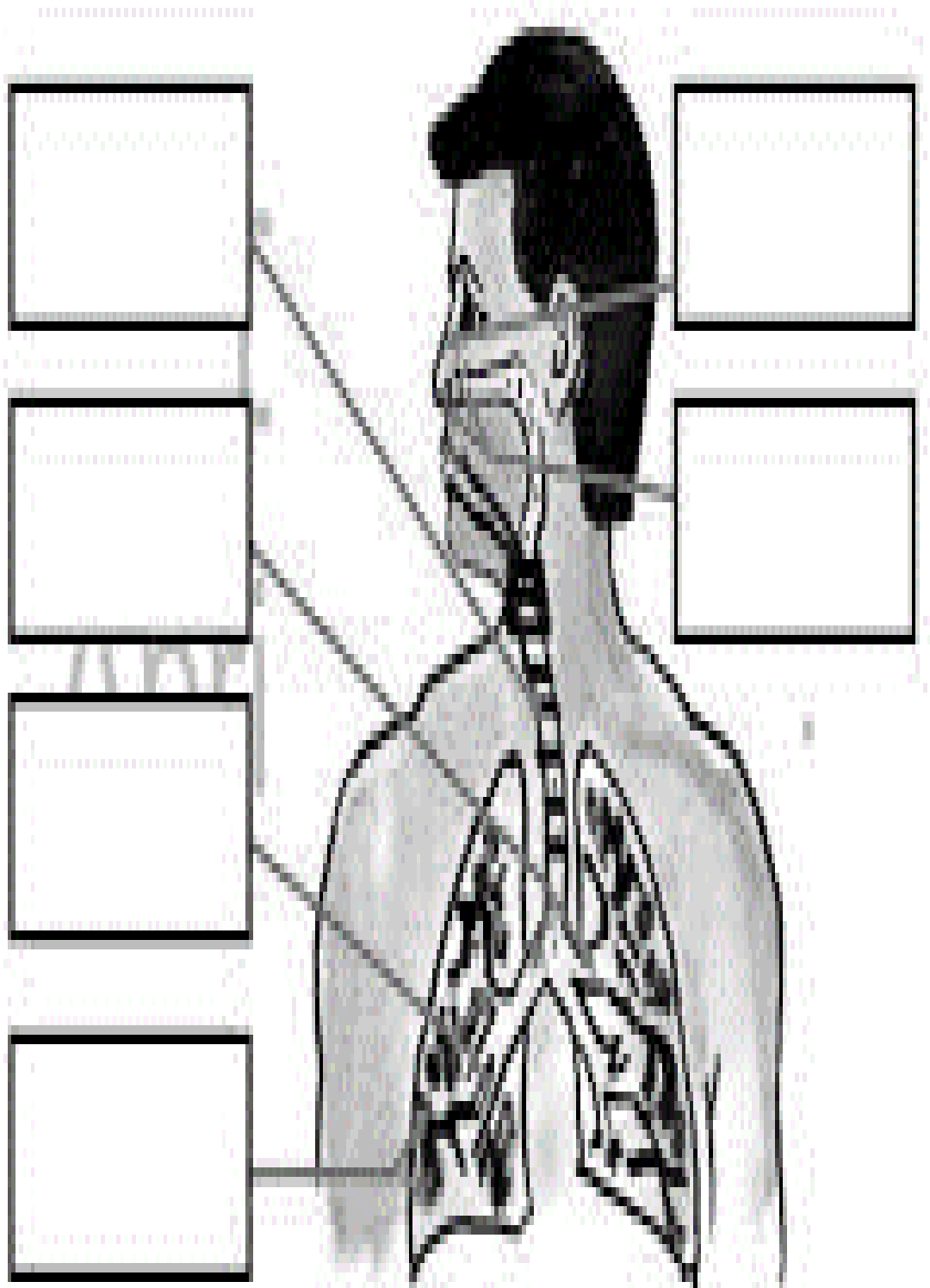


Fig. 4 The Human Respiratory System

NAME: _____

GRADE & SECTION: _____ DATE: _____

TITLE OF THE ACTIVITY: Mechanism of the Lungs

LEARNING COMPETENCY CODE: S9LT-Ia-b-26.1.2

First Quarter Day 2

For the learner:

This worksheet contains activities about the mechanism of our lungs. You may answer directly to this activity sheets and make sure to follow the directions stated in each part of the activity. Answer all questions the best that you can and please write eligibly.

For the parents:

Learners may require your guidance in following the directions and answering the questions in each part of the activity. Make sure that they answer each part of the worksheet.

ACTIVITY 2

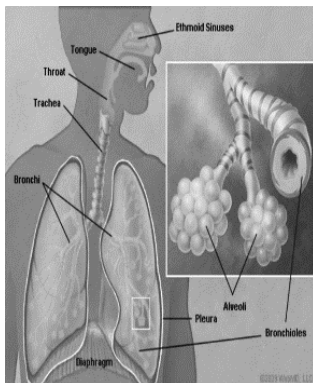


Fig. 5 The human lungs

Source: <https://www.webmd.com/lung/picture-of-the-lungs>

The lungs are a pair of spongy, air-filled organs located on either side of the chest (thorax). The trachea (windpipe) conducts inhaled air into the lungs through its tubular branches, called bronchi. The main function of the lungs is the process of gas exchange called **respiration** (or breathing). In respiration, oxygen from incoming air enters the blood, and carbon dioxide, a waste gas from the metabolism, leaves the blood. See Fig. 5.

OBJECTIVE

- Explain how the lungs work.



WHAT I NEED (MATERIALS)

- Worksheet
- Pen



WHAT TO DO (PROCEDURE)

Complete the graphic organizer to show how the lungs work by writing the following events in correct order.

A. Air travels down the trachea, or windpipe, and into the right and left bronchi.

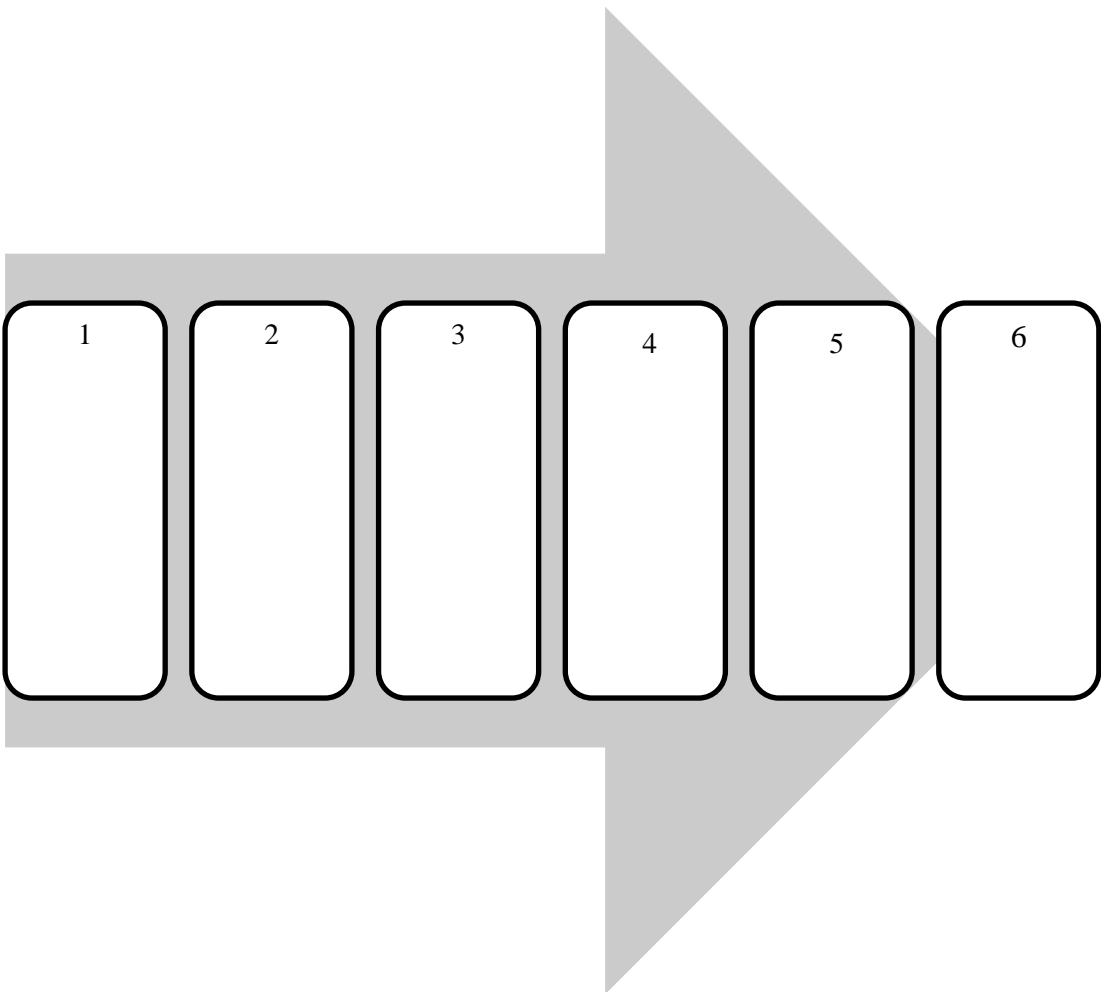
E. Bronchi branch out farther to become bronchioles and small air-filled sacs called alveoli.

B. Air passes by epiglottis, a small flap that directs air down to the lungs.

F. Capillaries give up their waste carbon dioxide, and pick up the oxygen. Carbon dioxide is then exhaled.

C. Around the alveoli, tiny capillaries bring blood to exchange gases.

D. Air flows into the body through the nose, mouth and nasal passages.



Guided Questions:

1. What takes place when you inhale and exhale?

2. What does blood deliver to every part of the body?



WHAT I LEARNED (GENERALIZATION)

In your own words, explain how the lungs work.



WHAT I CAN DO ABOUT IT (APPLICATION)

1. What do you think will happen if the lungs failed to carry out its function?

2. How do you think we can prevent the malfunction of our lungs?



CHALLENGE (EVALUATION)

Complete the paragraph below using the words in the box.

Carbon dioxide Blood Water vapor Respiration
Oxygen

In the lungs, _____ from the air enters the _____. At the same time, the waste gas _____ leaves the blood and then leaves the body when you _____. Some _____ also leaves the body when you exhale, which is why mirrors get foggy when you breathe on them. This process of gas exchange is what we call _____.

NAME: _____

GRADE & SECTION: _____ DATE: _____

TITLE OF THE ACTIVITY: The Lungs and the Diaphragm Working Together

LEARNING COMPETENCY CODE: S9LT-Ia-b-26.1.4

First Quarter Day 3

For the learner:

This worksheet contains activities about how our lungs and diaphragm works in the process of breathing. You may answer directly to this activity sheets and make sure to follow the directions stated in each part of the activity. Answer all questions the best that you can and please write eligibly.

For the parents:

Learners may require your guidance in following the directions and answering the questions in each part of the activity. Make sure that they answer each part of the worksheet.

ACTIVITY 3

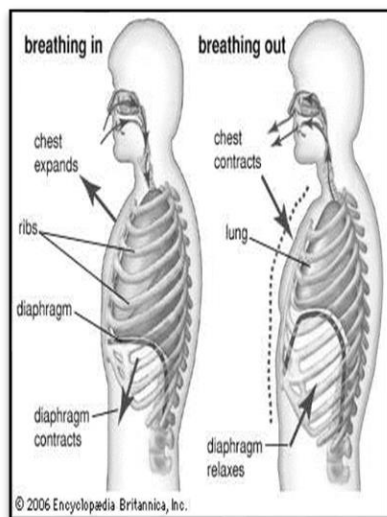


Fig. 5 The Breathing Process

Source: <https://www.britannica.com/science/human-respiratory-system/The-mechanics-of-breathing>

Have you experienced being in a jam-packed train? You almost certainly could not wait to get out where there are fewer people, so you could freely move. This is analogous to the process that makes air move in and out of your lungs.

The air molecules are either crowded outside and tend to get into the lungs where there are fewer air molecules (inhalation), or they tend to get outside because they are too crowded inside the lungs (exhalation). Refer to fig. 5.

When you breathe in, or inhale, the diaphragm muscle contracts. Inhaling moves the diaphragm down and expands the chest cavity. Simultaneously, the ribs move up and increase the size of the chest cavity. There is now more space and less air pressure inside the lungs. Air pushes in from the outside where there is a higher air pressure. It pushes into the lungs where there is a lower air pressure. When you breathe out, or exhale, the diaphragm muscle relaxes. The diaphragm and ribs return to their original place. The chest cavity returns to its original size. There is now less space and greater air pressure inside the lungs. It pushes the air outside where there is lower air pressure.

OBJECTIVE

- Describe how the movement of the diaphragm helps the air go in and out of the lungs.



WHAT I NEED (MATERIALS)

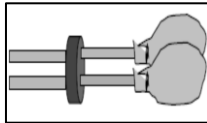
- 1 two-liter empty plastic bottle
- 3 balloons (1 big, 2 small)
- 1 sturdy straw
- 5 rubber bands
- 1 pair of scissors



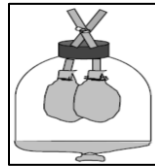
WHAT TO DO (PROCEDURE)

PART A.

1. Using a pair of scissors, cut the bottom out of the 2-liter plastic bottle.
2. Create two holes that are apart from each other in the cap of the plastic bottle. Make sure that each hole is just big enough for a straw to fit through.
3. Stick the two straws through the two holes of the bottle cap
4. Place one balloon on the end of each straw, and secure them with rubber bands, as shown in the figure below.



5. Stick the balloon ends of the straws through the bottle opening and screw the lid on tightly.
6. Stretch out the larger balloon and place it over the open bottom of the bottle. Secure it with the rubber band as tightly as possible. Refer to the diagram of the finished lung model below.



7. Pull the larger balloon down; that is, away from the bottle, in order to blow up the two small balloons.
8. Push the larger balloon towards the bottle in order to let the air out of the two small balloons.

Guided Questions:

1. What does each part of the constructed lung model represent?

2. What happens as you pull down the balloon at the bottom of the model and when you push up the balloon?

3. What might happen if you prick the balloon?

PART B. Label the figure that shows “INHALATION” and the figure that shows “EXHALATION” in letters a and b and then write the other labels in appropriate locations in the figure.

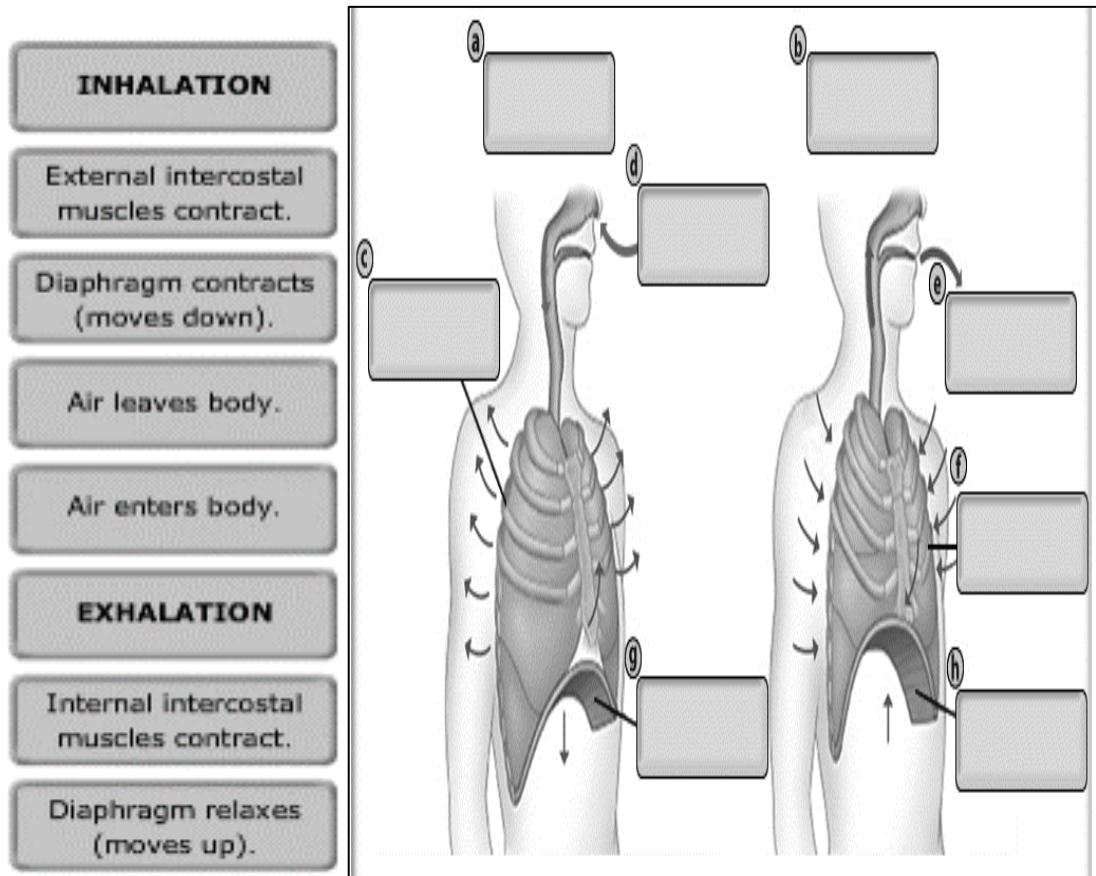


Fig. 6 Inhalation and Exhalation Activity

Source: <https://www.chegg.com/homework-help/questions-and-answers/label-figure-shows-inhalation-figure-shows-exhalation-targets-b--drag-labels-appropriate-l-q20109995>



WHAT I LEARNED (GENERALIZATION)

How does the movement of the diaphragm cause the air to go in and out of the lungs?



WHAT I CAN DO ABOUT IT (APPLICATION)

Ask two members of your family to take a deep breath and then ask them to describe how they feel after. Record their answers below:

NAME OF THE FAMILY MEMBER	ANSWER
1.	
2.	

G.Q.1. Based on your family member's answers, do you think taking a deep breath is important? Why or why not?



CHALLENGE (EVALUATION)

Write **“FACT”** if the statement is true and **“BLUFF”** if the statement is wrong.

- _____ 1. Inhalation is the process wherein your lungs take in air molecules.
- _____ 2. The diaphragm moves down and increase the size of the chest cavity when you exhale.
- _____ 3. The process of breathing out is called exhalation.
- _____ 4. During exhalation, the diaphragm relaxes.
- _____ 5. The ribs move up and increase the size of the chest cavity during exhalation.

NAME: _____

GRADE & SECTION: _____ DATE: _____

TITLE OF THE ACTIVITY: Components of the Circulatory System

LEARNING COMPETENCY CODE: S9LT-Ia-b-26.1.5

First Quarter

Day 4

For the learner:

This worksheet contains activities about the parts and functions of our circulatory system. You may answer directly to this activity sheets and make sure to follow the directions stated in each part of the activity. Answer all questions the best that you can and please write eligibly.

For the parents:

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ACTIVITY 4

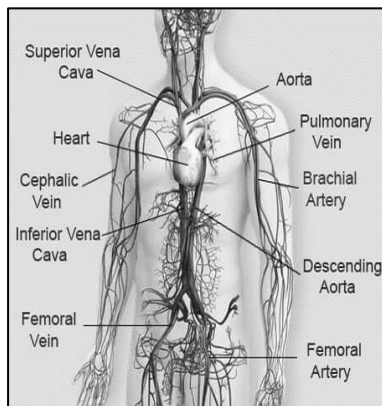


Fig. 6 The parts of Circulatory System
Source: <https://circulatorysystem.organsofthebody.com/>

The **circulatory system** is the life support structure that nourishes your cells with food and oxygen. It also carries away the waste products. The circulatory system can be compared to a complex arrangement of highways, avenues and lanes connecting all the cells together into a neighborhood. Sequentially, the community of cells sustains the body to stay alive.

The following are the three major parts of the circulatory system, with their roles:

1. **Heart** – pumps the blood throughout the body
2. **Blood vessel** – carries the blood throughout the body
 - **Arteries** - carry oxygenated blood away from the heart tissues and organs of the body
 - **Veins** - carry deoxygenated blood to the heart
 - **Capillaries** - the smallest blood vessels in the body, connecting the smallest arteries to the smallest veins
 - the actual site where gases and nutrients are exchanged
3. **Blood** – carries the materials throughout the body.

OBJECTIVE

- Identify the components of the circulatory system.



WHAT I NEED (MATERIALS)

- Work sheet
- Pen



WHAT TO DO (PROCEDURE)

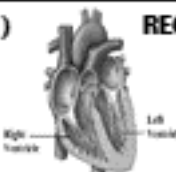
Rearrange the random words below to identify the functions of the given parts of the circulatory system.

- 1.)  **BLOOD BODY
AROUND PUMPS
THE IT**


HEART -

- 6.)  **THERE ATRIA ARE
LEFT NAMELY, TWO
ATRIUM RIGHT AND**

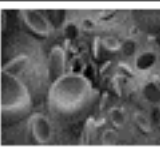
ATRIUM -

- 2.)  **RECEIVED FROM ATRIUM
EXPELS IT BLOOD
AND COLLECTS**

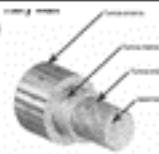
VENTRICLES -

- 7.)  **BLOOD CARRIES IT
THE THROUGH AND
TISSUES ORGANS**

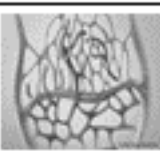
BLOOD VESSELS -

- 3.)  **FLUID A THAT
OUR CIRCULATES
BODY THROUGH**


BLOOD -

- 8.)  **IT DELIVERS A BLOOD
OXYGEN-RICH TO THE
TISSUES BODY**


ARTERIES -

- 4.)  **AND FOOD-NUTRIENTS
OXYGEN PASS FROM
CELLS TO CAPILLARIES**

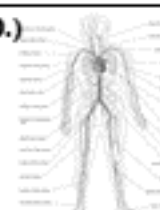
CAPILLARIES -

- 9.)  **OXYGEN-DEPLETED IT CARRIES
BLOOD MOST TOWARDS
THE HEART**

VEINS -

- 5.)  **PRESSURE OF AMOUNT
CIRCULATORY SYSTEM
INSIDE THE**

BLOOD PRESSURE -

- 10.)  **IS OF BLOOD MADE UP
VESSELS CARRIES THAT
BLOOD AWAY FROM AND
HEART THE TOWARDS**

CIRCLATORY SYSTEM -



WHAT I LEARNED (GENERALIZATION)

In your own words, explain the function of the circulatory system.



WHAT I CAN DO ABOUT IT (APPLICATION)

Answer the following questions:

1. What do you think is the importance of the circulatory system?

2. What do you think will happen if one of the parts of the circulatory system failed?



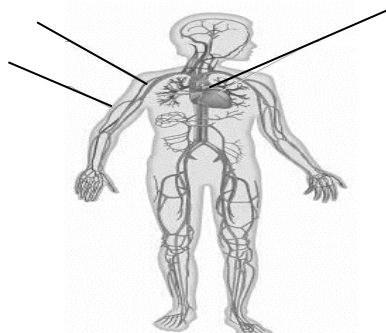
CHALLENGE (EVALUATION)

A. Identify the word being described by the following statements. Choose your answer inside the box.

VEINS	BLOOD	CIRCULATORY SYSTEM
HEART	ARTERIES	

- _____ 1. About the size of two adult hands held together, the heart rests near the center of the chest.
- _____ 2. Carry oxygen-rich blood away from the heart and where it needs to go.
- _____ 3. Carry deoxygenated blood to the lungs where they receive oxygen.
- _____ 4. The transport media of nearly everything within the body. It transports hormones, nutrients, oxygen, antibodies, and other important things needed to keep the body healthy.
- _____ 5. A vast network of organs and blood vessels that acts both as a delivery and waste removal system for the body.

B. Label the parts of the circulatory system.



NAME: _____

GRADE & SECTION: _____ DATE: _____

TITLE OF THE ACTIVITY: Different Types of Circulation

LEARNING COMPETENCY CODE: S9LT-Ia-b-26.1.6

First Quarter

Day 5

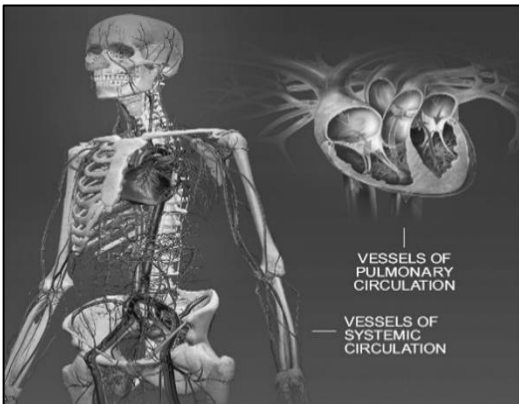
For the learner:

This worksheet contains activities about the different types of blood circulation. You may answer directly to this activity sheets and make sure to follow the directions stated in each part of the activity. Answer all questions the best that you can and please write eligibly.

For the parents:

Learners may require your guidance in following the directions and answering the questions in each part of the activity. Make sure that they answer each part of the worksheet.

ACTIVITY 5



There are three types of circulation found within humans; systemic, pulmonary, and coronary. **Systemic circulation** describes the movement of blood from the heart via arteries to the periphery, and back to the heart via the veins. **Pulmonary circulation** describes the movement of blood from the heart to the lungs and back to the heart. **Coronary circulation** describes the movement of blood through the tissues of the heart. See Fig. 7.

Fig. 7 Pulmonary and Systematic Circulation

Source: <https://www.visiblebody.com/learn/circulatory/circulatory-pulmonary-systemic-circulation/>

OBJECTIVE

- Explain the different types of circulation.



WHAT I NEED (MATERIALS)

- Work sheet
- Pen



WHAT TO DO (PROCEDURE)

Match the type of circulation to its proper description in column A and to its diagram in column B.

1. Pulmonary Circulation

a. Movement of blood from the heart to the rest of the body, excluding the lungs.

B

a.



<http://sln.fi.edu/biosci/systems/pulmonary.html>

2. Coronary Circulation

b. Movement of blood from the heart, to the lungs, and back to the heart.

b.



<http://sln.fi.edu/biosci/systems/pulmonary.html>

3. Systematic Circulation

c. Movement of blood through the tissues of the heart.

c.



<http://sln.fi.edu/biosci/systems/pulmonary.html>

Guided Questions:

1. What is the difference between pulmonary, coronary, and systematic circulation?

2. How do these types of circulation help in the function of the circulatory system?



WHAT I LEARNED (GENERALIZATION)

In your own words, explain the different types of circulation.



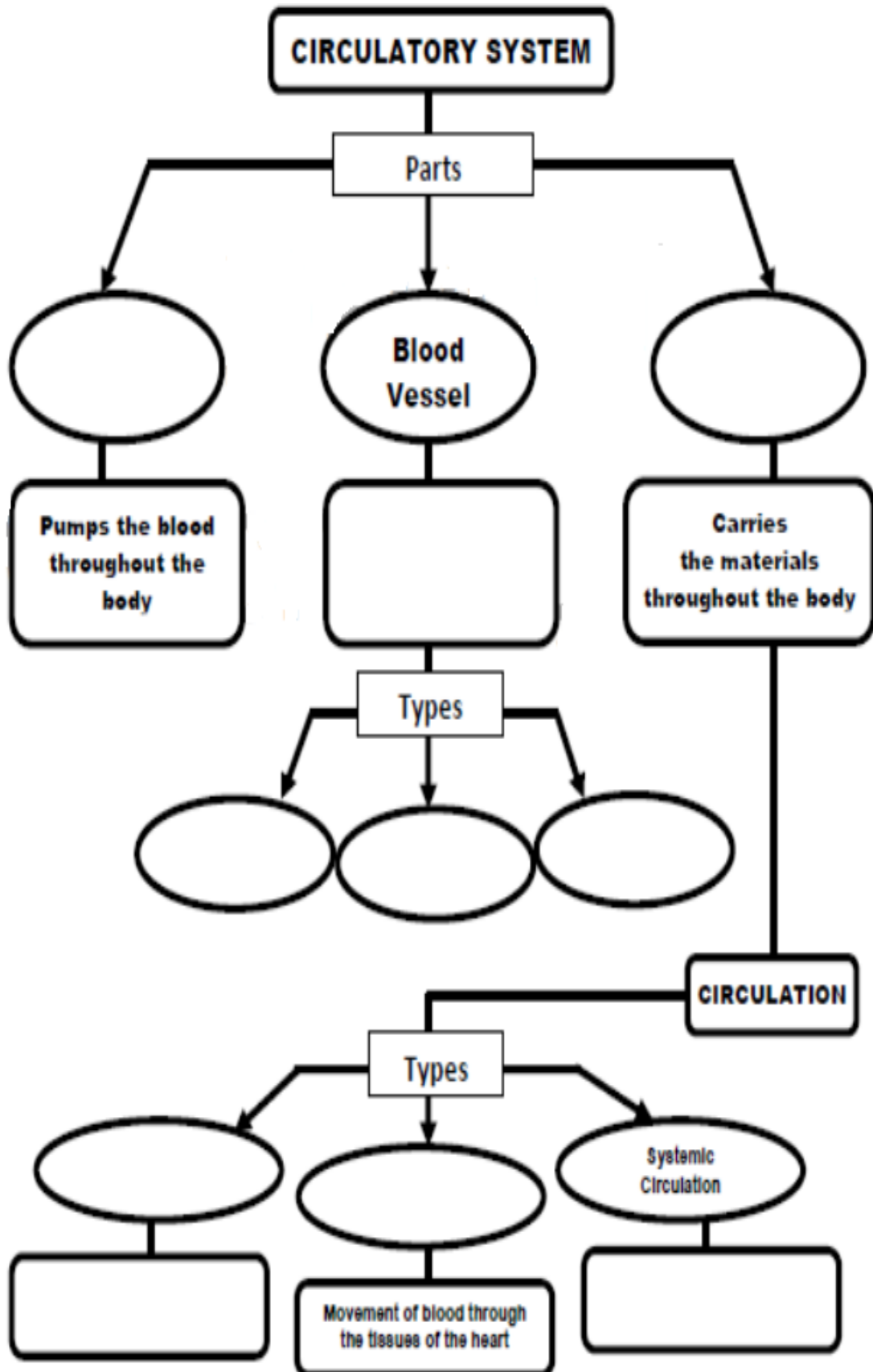
WHAT I CAN DO ABOUT IT (APPLICATION)

Why do you think blood circulation is important in our body?



CHALLENGE (EVALUATION)

Using the given graphic organizer, fill in the missing parts, description, and functions to complete the entire concept.



NOW I CAN! (POST-TEST)

A. Multiple Choice: Choose the letter of the best answer. Write your answer on the space provided before the number.

- _____ 1. This system is made up of the organs in the body that help us to breathe.
- A. Circulatory system
 - B. Nervous System
 - C. Respiratory System
 - D. Excretory System
- _____ 2. The organ through which the air enters and is filtered is called _____
- A. Nose
 - B. Trachea
 - C. Larynx
 - D. Bronchioles
- _____ 3. Which of the following is the function of alveoli?
- A. It filters the air we breath
 - B. It serves as the entrance of air to the lungs.
 - C. It carries oxygen in and out the lungs
 - D. It allows gas exchange inside the lungs.
- _____ 4. Which of the following describes bronchial tubes?
- A. It connects the trachea to the lungs.
 - B. It filters the air that we inhale.
 - C. It facilitates in the exchange of gases inside the lungs.
 - D. It is a hair-like tubes that connect to the alveoli.
- _____ 5. A pipe that serves as the passageway of air to the lungs is called _____.
- A. Bronchioles
 - B. Trachea
 - C. Nasal Passageway
 - D. Pharynx
- _____ 6. Air that enters the air sacs is rich in _____
- A. Nutrients
 - B. Carbon Dioxide
 - C. Oxygen
 - D. Water
- _____ 7. Which of the following is the correct pathway through which air travels in the human respiratory system?
- A. Nose, lungs, bronchial tube, trachea
 - B. Nose, bronchial tube, trachea, lungs
 - C. Bronchial tube, nose, trachea, lungs
 - D. Nose, trachea, bronchial tube, lungs
- _____ 8. Which of the following DOES NOT describe inhalation?
- A. The diaphragm muscle relaxes
 - B. The ribs move up and increase the size of the chest cavity.
 - C. More space and less air pressure inside the lungs.
 - D. The diaphragm moves down and expands the chest cavity.
- _____ 9. What will happen if there are more space and less air pressure inside the lungs?
- A. Air pushes in from the outside towards the lungs where there is less air pressure.
 - B. Air pulled out from the lungs towards the outside where there is a higher air pressure.
 - C. Air will be flushed out from the lungs where there is a higher pressure.
 - D. Air will be maintained inside the lungs.
- _____ 10. Which of the following describes exhalation?
- A. The ribs are moved up and increase the size of the chest cavity.
 - B. There will be more space and lesser air pressure inside the lungs.

- C. There will be less space and greater air pressure inside the lungs.
- D. The diaphragm moves down and expands the chest cavity.

For numbers 11 to 16, use the choices inside the box to complete the paragraph below. Write the letter of your answer in the space provided for each number.

A. oxygen	C. arteries	F. veins	G. heart
B. blood	D. circulatory	E. transport	

All animals need to 11. _____ materials around the different parts of their body. This is the job of the 12. _____ system. The circulatory system consists of a liquid called 13. _____, a pump called the 14. _____ and a series of vessels called 15. _____ and 16. _____. One thing that must be transported around is a gas called 17. _____.

For numbers 18-20, use the choices below then write the letter of your answer on the space provided.

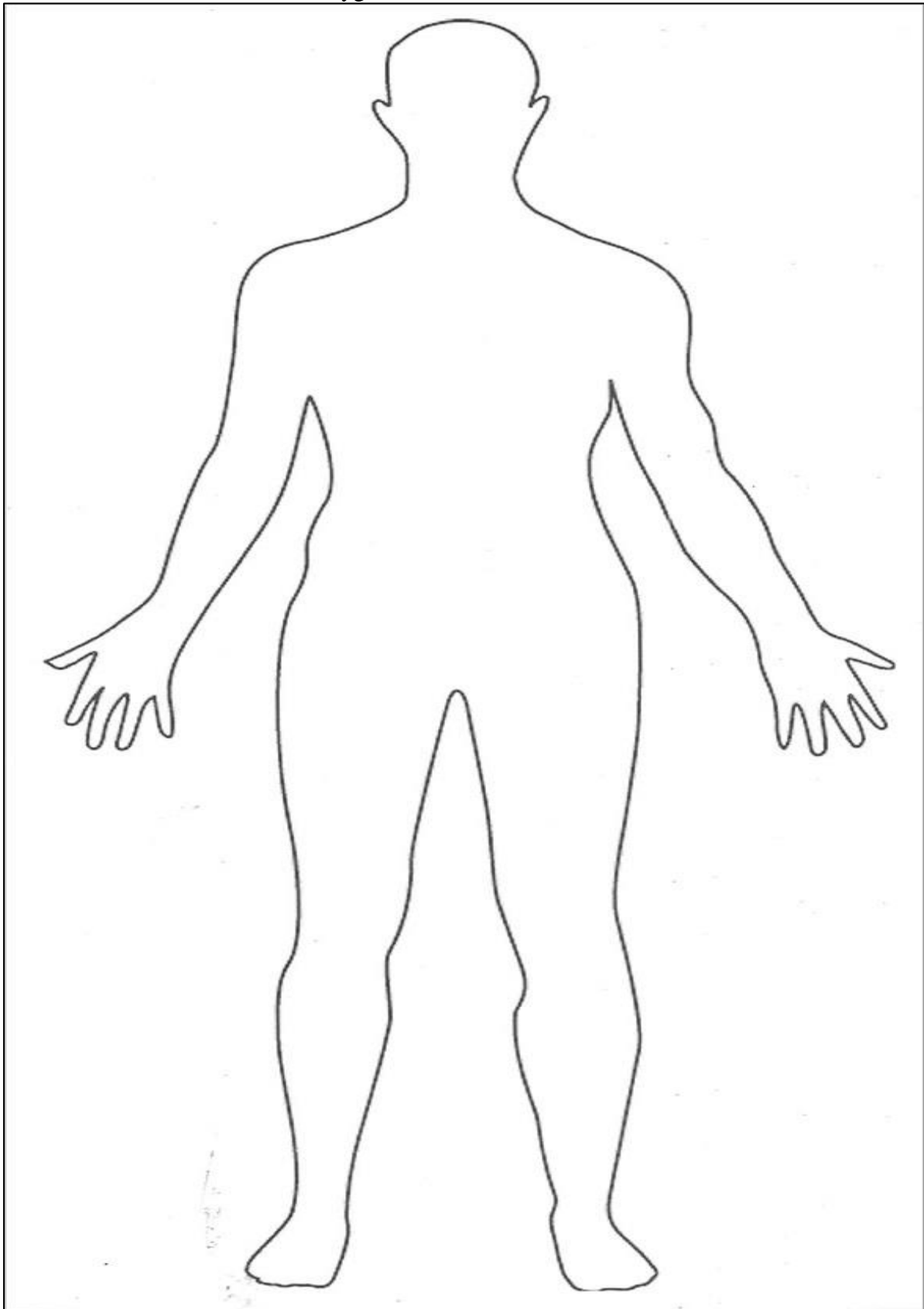
- A. Pulmonary**
- B. Systematic**
- C. Coronary**
- D. Cellular**

- _____ 18. Circulation of blood from the heart, to the lungs, and back to the heart.
- _____ 19. Circulation of blood inside the heart.
- _____ 20. Circulation of blood from the heart to the rest of the body, excluding the lungs.

GOOD LUCK!

ENRICHMENT ACTIVITY

In the given framework of the human body below, illustrate the blood flow and gas exchange in the respiratory and circulatory systems using diagrams and arrows. Color your work to show the distinction of oxygen and carbon dioxide carried in the blood.



SUMMARY:

- Respiratory system is made up of the organs in the body that help us to breathe.
- The air we breathe goes through the different parts of our respiratory tract until it reaches the lungs where gas exchange (respiration) occurs.
- Two different processes occur when we breathe, inhalation (breathing in) and exhalation (breathing out). During these two processes, diaphragm contracts and relaxes to help the lungs take in enough oxygen and expel carbon dioxide.
- Circulatory system is responsible for distributing materials throughout the body. The three major parts of the circulatory system are: the heart, arteries and veins. The blood carries the oxygen and other essential materials throughout the body.
- There are three types of blood circulation namely; pulmonary, coronary, and systematic circulation. These types of circulation enable the blood to reach every part of our body.

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