



**Class Title:** Orange The Foundations of Human Anatomy

**Teacher Name:** Marie Jones

**Class Day:** Monday

**Class Size:** 15

**Class Supply Fee:** \$80

**Class Fee:** \$96

**Ages or color group served:** Orange

**What level is this class:** Level 2

**Prerequisites:** Level 2 plus device access for classroom/homework assignments.

**Graduation Requirements:** HCU attendance policy, completed homework assignments, and C grade average or above.

**Homework Requirements:** Homework can take up to 1-1.5 hours a week! Syllabus given out FIRST day of class!

**Class Description:**

This interactive course introduces middle and early high school students to the fascinating world of human anatomy and physiology. Over the course of 12 weeks, students will explore the body's major systems—including skeletal, muscular, circulatory, respiratory, digestive, nervous, and more—while developing skills in diagram labeling, note-taking, and information recall.

Each weekly class features hands-on activities such as labeling anatomical diagrams, building models, and completing fill-in-the-blank worksheets. Students will also learn and practice effective note-taking strategies, preparing them for future academic success. By the end of the course, students will be able to identify key structures, explain the function of each body system, and understand how these systems work together to keep the body alive and healthy.

This course meets foundational science and health requirements and is designed to qualify for one semester of high school elective science credit. All materials are age-appropriate, engaging, and designed to support various learning styles.

**Week 1:**

Introduction to Anatomy & Body Organization

Key Concepts: What is anatomy? Levels of organization (cell → system)

Activities:

- Fill-in-the-blank worksheet on vocabulary
- Label human body diagram (organ systems)

**Week 2:**

Skeletal System

Key Concepts: Functions of bones, major bones of the body

Activities:

- Label the skeleton worksheet
- Skeleton fill-in-the-blank facts

**Week 3:**

Muscular System

Key Concepts: Types of muscles, movement, voluntary/involuntary muscles

Activities:

- Label major muscle groups
- Fill-in-the-blank muscle functions

**Week 4:**

Circulatory System

Key Concepts: Heart structure, blood flow, vessels, oxygen transport

Activities:

- Diagram labeling (heart and vessels)
- Circulation fill-in-the-blank
- Pulse experiment and log sheet

**Week 5:**

Respiratory System

Key Concepts: Breathing, lungs, oxygen exchange

Activities:

- Diagram label: nasal cavity → lungs
- Balloon lung model (hands-on)
- Fill-in-the-blank + short reflection: “Why do we breathe?”

**Week 6:**

Digestive System

Key Concepts: Organs of digestion, absorption, path of food

Activities:

- Digestive tract labeling worksheet
- “Journey of a Sandwich” fill-in-the-blank

**Week 7:**

Nervous System

Key Concepts: Brain, spinal cord, reflexes, neurons

Activities:

- Brain labeling worksheet
- Reflex activity (ruler drop test)
- Fill-in-the-blank brain facts

**Week 8:**

Endocrine System

Key Concepts: Hormones, glands, role in body regulation

Activities:

- Glands labeling diagram
- Endocrine function matching/fill-in sheet
- Note-taking on puberty, metabolism

**Week 9:**

Immune System

Key Concepts: How body defends itself, white blood cells, vaccines

Activities:

- Immune response fill-in-the-blank
- Diagram: key players in immune system
- Interactive simulation: "Germ attack!" group game

**Week 10:**

Urinary System

Key Concepts: Kidneys, bladder, waste removal

Activities:

- Labeling kidneys, ureters, bladder
- Note-taking: how urine is made
- Fill-in-the-blank with water tracking challenge

**Week 11:**

Integumentary System (Skin, Hair, Nails)

Key Concepts: Layers of skin, skin protection, hygiene

Activities:

- Label skin layers diagram
- Fill-in-the-blank skin facts
- Create skin PSA (poster or skit)

**Week 12:**

Body System Integration + Showcase

Key Concepts: How systems work together

Activities:

- Team Jeopardy review game
- Student showcase: pick and present a system (poster, skit, or slide)



**HOMESCHOOL**

**COLLABORATORS**

**UNITED**

**CO-OP & HYBRID ACADEMY** 

- “Body systems teamwork” worksheet