Your Body: A Team of Teams

How cells team up to keep you alive



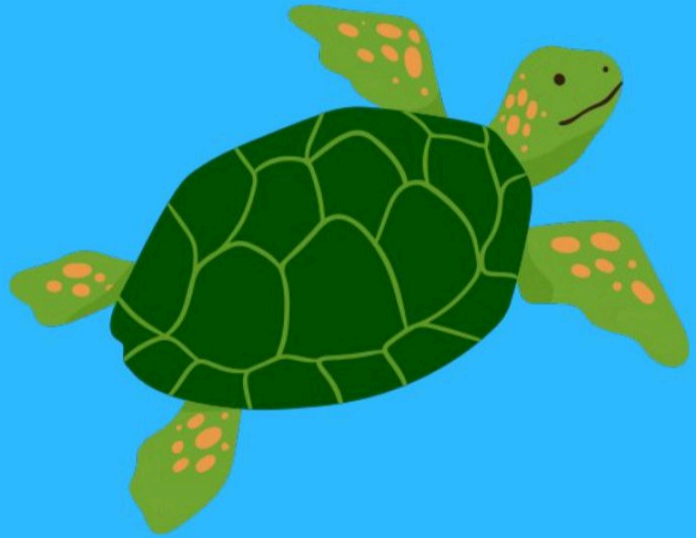
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BIG IDEA

You stay alive because groups of cells form teams that help each other.



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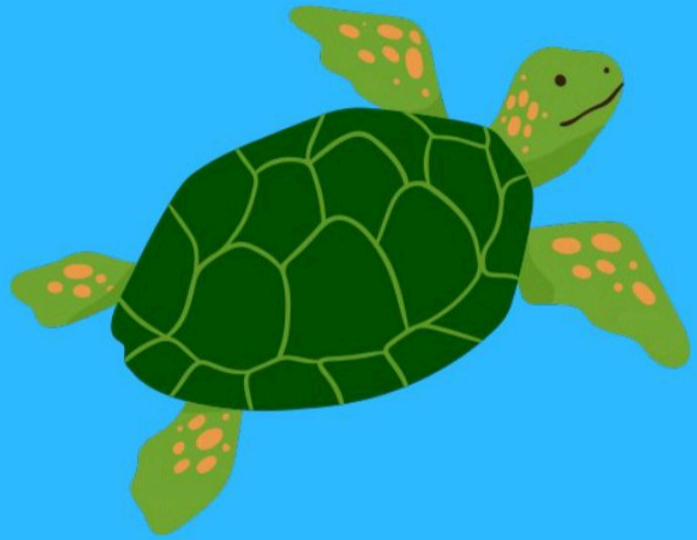
Alone vs Together

One Cell Alone

- Can do only a few jobs
- Has limited energy and protection
- Like one player, no team

Many Cells Together

- Form tissues, organs, and systems
- Split up jobs to work better
- Keep the whole organism alive



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How You Are Built

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Cell

Smallest living unit that carries out life functions.

🧱

Tissue

Many similar cells working together for one job.

❤️

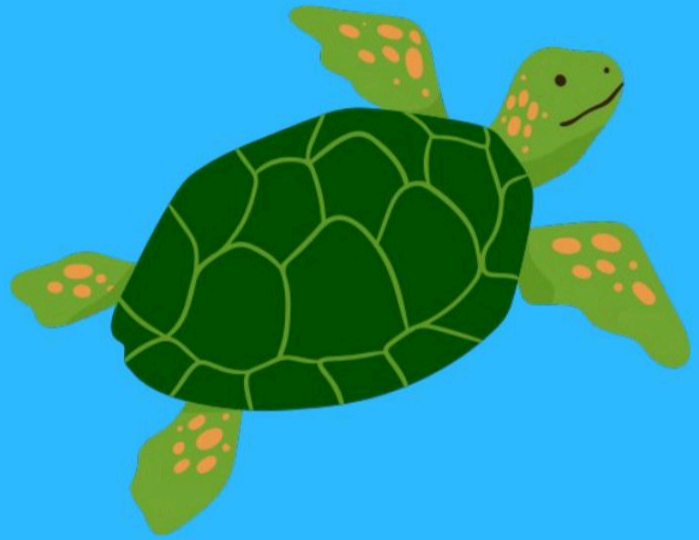
Organ

Different tissues joined to do a special function.

🤝

Organ System

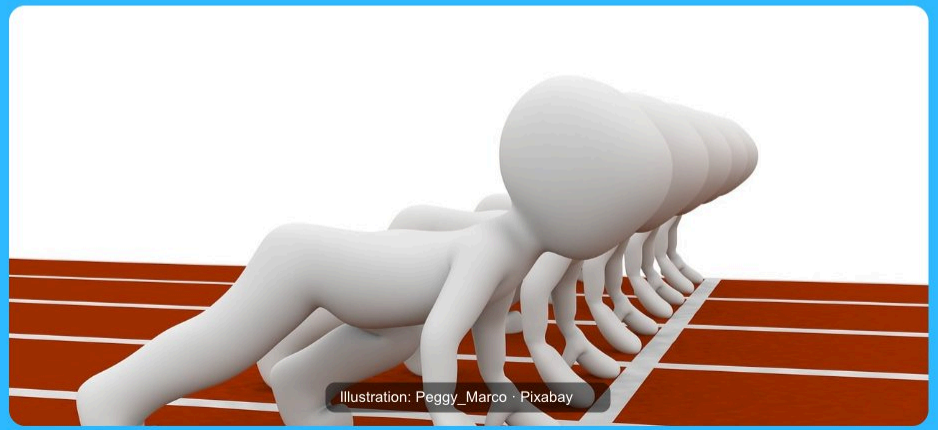
Organs teamed up for big body needs.

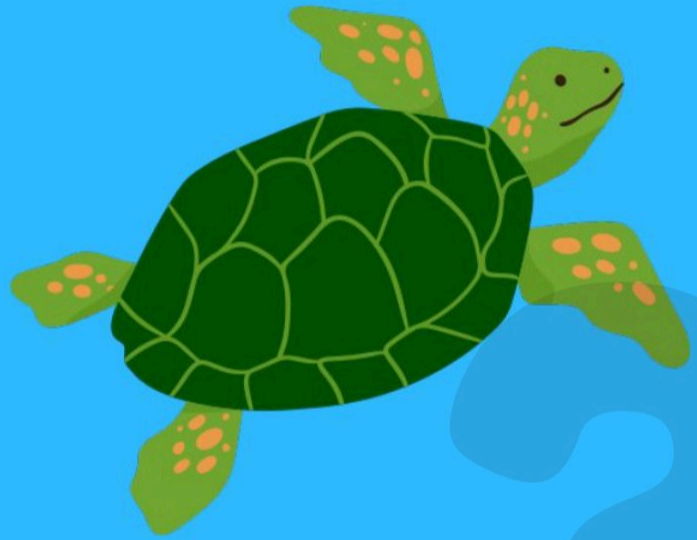


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Think, pair, share

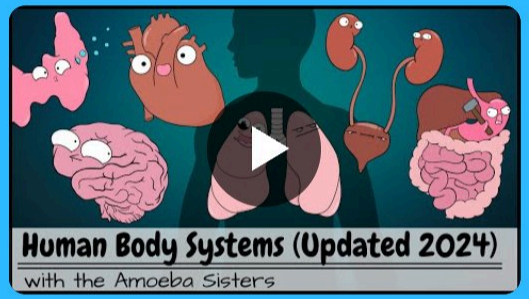
You sprint for the bus — what do your lungs, heart, and leg muscles all do?





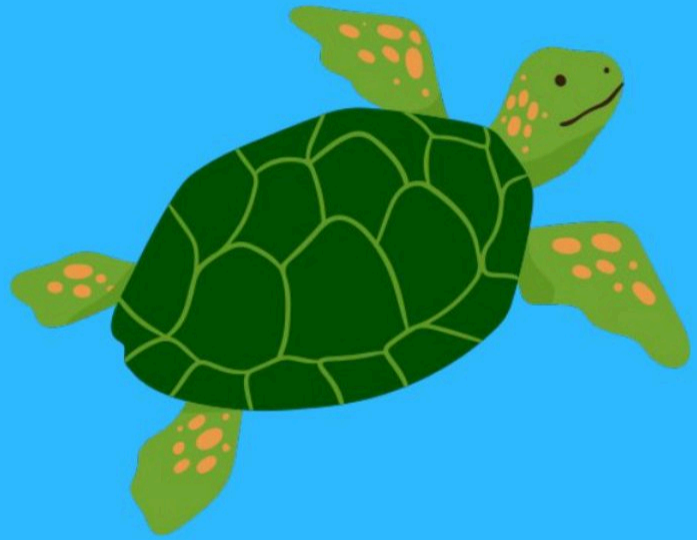
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From Cells to Whole Body



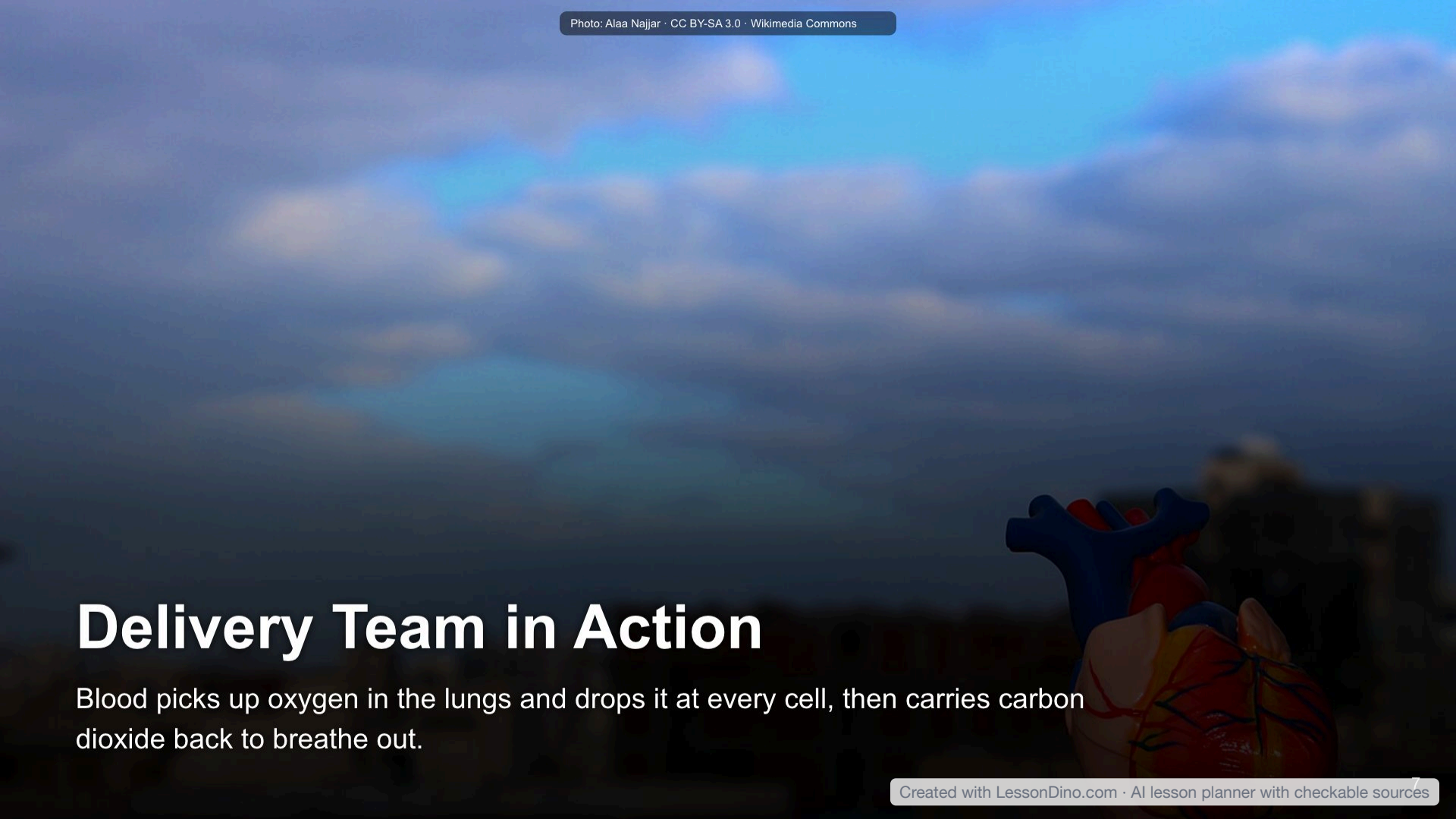
▶ 0:00 – 4:45

- Watch how cells build tissues, organs, and systems
- Listen for one way systems depend on each other



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Delivery Team in Action

Blood picks up oxygen in the lungs and drops it at every cell, then carries carbon dioxide back to breathe out.

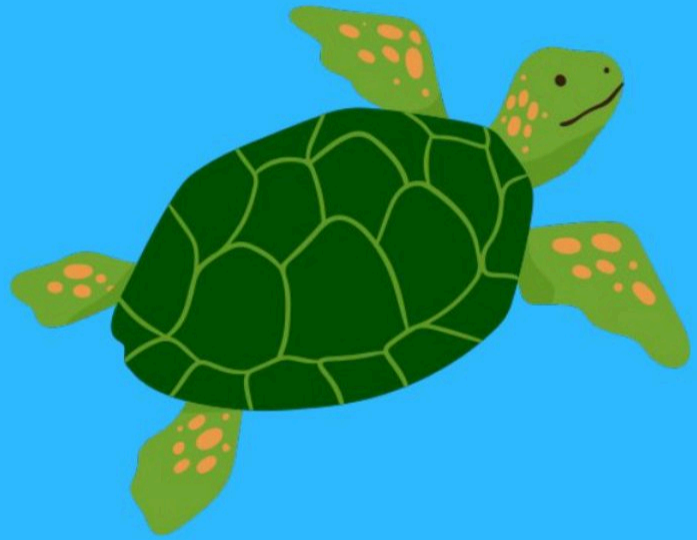
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Systems Help Each Other



▶ 0:00 – 2:35

- Spot two systems working together during exercise
- Collect evidence for your claim later

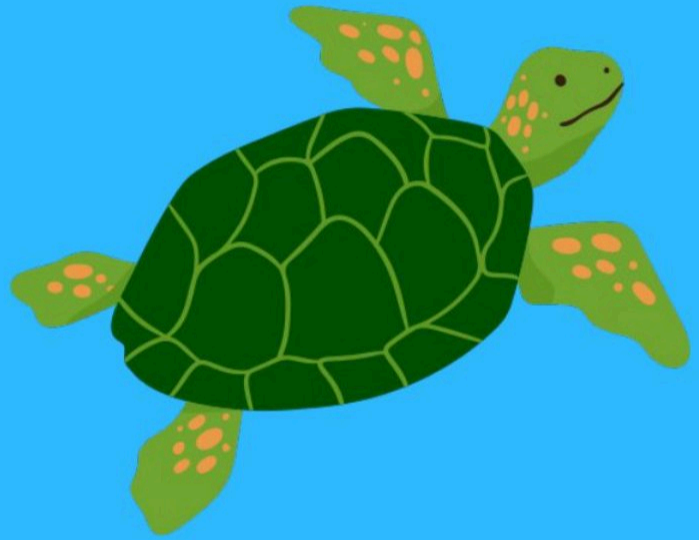


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Your task

In pairs, write a claim with evidence that the body is interacting subsystems made of cells.

1. List what changed when you ran: breath, heartbeat, muscles.
2. Match each change to respiratory, circulatory, muscular systems.
3. Write: claim plus 2 evidence sentences using key words.



10 min

In pairs

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Key words

cell

smallest living unit that carries out life jobs

tissue

group of similar cells doing one job together

organ

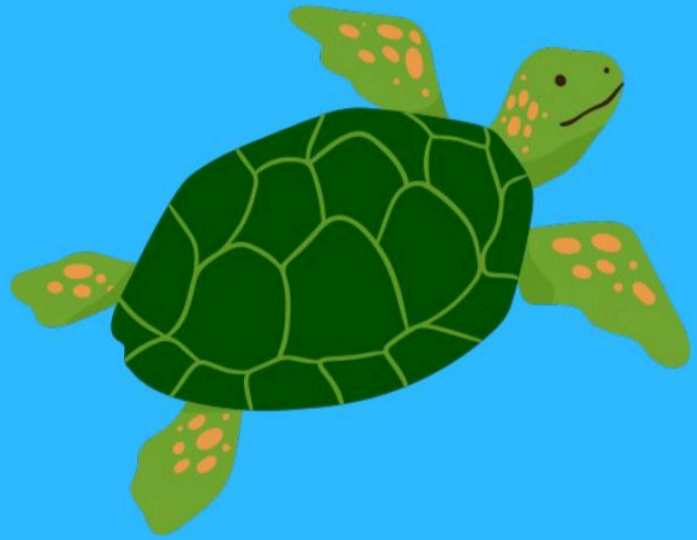
two or more tissues doing a special function

organ system

group of different parts working together to do big jobs for the body

evidence

observations that show a claim is true



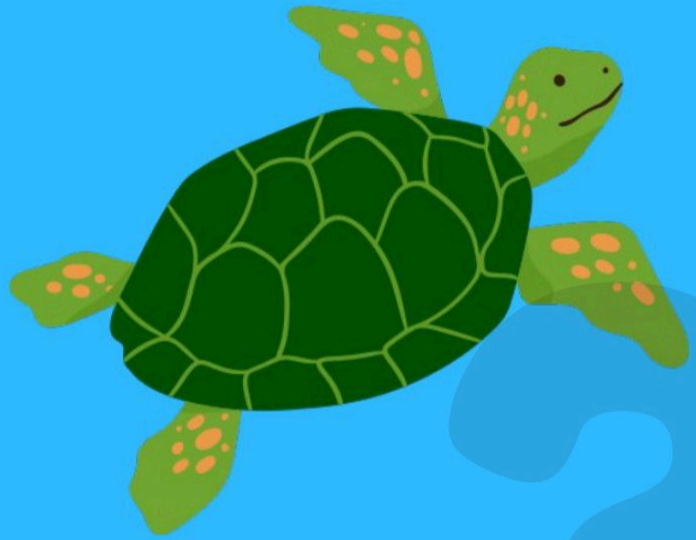
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What could this be?

Tiny finger-like folds soak up food inside you. Which two systems must team up here?



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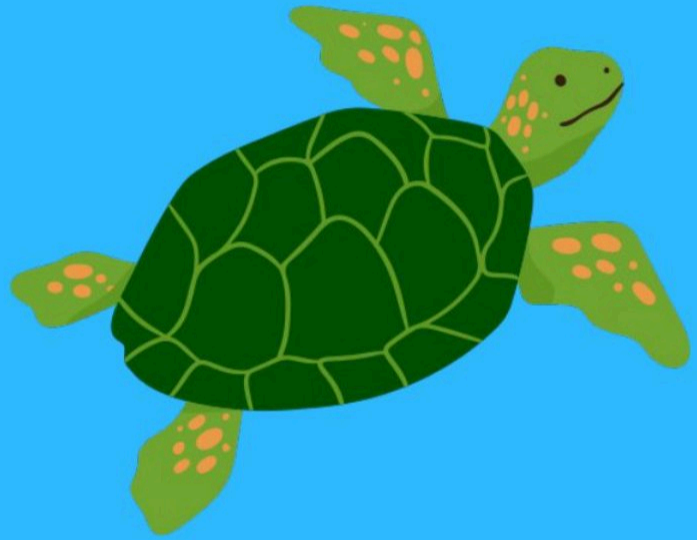
True or false?

The body is a system of interacting subsystems made of cell groups.

Heart and lungs work together to send oxygen to cells.

Each organ system works alone and never affects others.

A tissue is many similar cells working together.



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