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The Human Body

人體

The Body Systems

The human body is an amazing machine. It is made up of different groups of organs, nerves, and tissues called systems. These work together to keep the body functioning. Most systems are controlled by the brain and the nervous system—without you even having to think about it. There are 12 primary systems in the human body, each with its own unique function. Learning about these systems can be both interesting and overwhelming; therefore, we introduced the grade one students to several of the main systems, with a focus on the respiratory system.

The Respiratory System

The lungs are respiratory organs that are vital to the breathing process and essential for acquiring life-giving oxygen. The respiratory system consists mainly of the trachea, the diaphragm, and the lungs. During this project, grade one students completed several hands-on tasks to learn more about the lungs and how they work. The first step was learning about the anatomy of the lungs, followed by understanding the exchange of oxygen between the lungs and the blood.

We explored how the lungs work by using simple materials to build a lung model. This model provided a great visual tool to teach students how the lungs function. It also helped them understand the anatomy of the lungs and the different parts that work together to make sure we can keep breathing.

人體系統

人體是一個神奇的機器，它是由不同器官、神經和組織所組成的，稱為人體系統。這些系統一起支撐人體運作，大部分的系統由腦和神經控制-你甚至不需要思考如何使用。人體有十二個主要系統，每個系統都有其獨特的功能。瞭解這些系統既有趣又難以抗拒；因此，我們向一年級學生介紹幾個主要系統，並著重在呼吸系統的學習。

呼吸系統

肺是呼吸過程中至關重要的器官，也是獲得生命所需的氧氣。呼吸系統主要由氣管、橫膈膜和肺組成。在這項專題中，一年級學生透過幾項實作任務更加地瞭解肺部及其運作原理。第一步驟是瞭解肺部的解剖結構，然後認識肺部血液中的氧氣交換。

我們使用簡單的材料來構建肺模型，以探索肺部的運作方式。該模型提供一個很好的視覺教具來教導學生肺部如何運作。它還幫助學生瞭解肺部的解剖結構，以及不同部分的器官相互運作，以確保我們能夠正常呼吸。

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1

ASK + IMAGINE
提問 + 創思

2

We gathered facts about the human body and its systems.
我們蒐集人體及其系統的資訊。



3

PLAN
計畫

We focused on the lungs and how they work.
我們著重在肺部和其運作。

4

CREATE
創造

5

We made working lung models.
我們製作肺的模型。



5

IMPROVE
改進

After the create stage, we had additional time to make changes and improvements, and test our lung models.
在創造階段後，我們有時間可以改變和改進，並測試我們的肺模型。

