

Name _____

Date _____



Human Body Systems

“Keep You Alive”

Whatever you’re doing, wherever, whenever,
12 systems working together.

24/7, 365,

Your body systems keep you alive.

It’s life or death, that’s one way to say this,

Unless your body maintains its homeostasis,

Or inner balance, yeah, so out of sight,

12 body systems and they keep you alive.

Let’s start with the one that carries your blood,

The circulatory system if you know what’s up.

The circulatory’s three main parts

Are the blood, blood vessels and heart.

Now, we got the respiratory.

It helps you to breathe, here’s an extra story:

It brings oxygen to your lungs from the air,

And removes all the CO₂ that’s in there.

Next, the digestive — true,

That’s the system that breaks down all your food

Into nutrients that your cells need

To grow, to heal and for their energy.

As you eat, savor the taste,

The digestive helps your body get rid of the waste.

Hey — no need to be nervous,

But the nervous system is next and its purpose,

Is kinda like an information highway,

Sending messages from Monday to Friday.

Weekends, too! What does it contain?

Your spinal cord, yeah, your nerves and your brain.

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Moving on with our mission,

Yeah, it's the muscular system.

It works with the skeletal to help you move,

So contract and relax, that's what muscles do.

The skeletal system gives you support and

Helps you move and protects your organs.

Now, what keeps your functions normal?

The endocrine, it's all glands and hormones.

They help indicate hunger, and that's

Why I stack pancakes like a lumberjack.

It's really quite critical, but up next,

The excretory system is in effect.

It gets rid of urine, thank your kidneys,

Or not — when you need to use a toilet quickly.

What's on the outside? Are you getting me?

Skin, hair and nails are the integumentary system

But here's the twist:

Without that system you'd look like this.

And your immune system defends

Against disease and pathogens.

White blood cells break 'em down

Or make antibodies for next time they come around.

Your immune system works with the lymphatic,

Which makes and moves lymph, and that is

Where the white blood cells live.

The last system is the reproductive.

Gents and ladies, that's how we make babies,

With sperm and eggs, heard of 'em, maybe?

12 systems — yeah it's crazy,

Like programs interacting on the daily.

And even when you sleep like a baby,

Body systems work hard, they're not lazy.

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Ay yo, I need my circulatory, nervous, respiratory, digestive, lymphatic, excretory. I mean, I also need my muscular, immune, skeletal, endocrine, integumentary and reproductive, on the floor! Yeah, that's them, the body systems, of your body, within the system.