

Practice Tips:

A is for Anatomy



USEFUL THINGS TO TRY: Practice with your teacher or at home with a parent.

1. Name your bones! Start at the top of your head and go down to the tips of your toes. Give the name of each major bone you encounter along the way. Can you do it going fingertip to fingertip?
2. Follow that drink! Imagine you are drinking a cool glass of orange juice. Can you describe all of the organs and body systems that “meet your juice” as it makes its way through your body? Remember that you start by *seeing* the glass and then *reaching* for it. (Is a sensory organ working here? How do your brain and nervous system tell your arm and muscles to move?)
3. What’s in your middle? We sometimes think our middle section is just “our stomach.” Can you name every organ in your abdominal cavity? There are a lot!
4. The official Rules Manual lists nine different body systems. What is the major job of each one?

USEFUL WORDS TO KNOW: Here are some representative words you should know.

Spine	Diaphragm	Aorta	Pancreas	Pituitary	Nervous system
Skeleton	Lung	Platelet	Liver	Hormone	Neuron
Marrow	Muscle Cell	Cardiac	Intestine	Cortex	Synapse

USEFUL WEBSITES TO SEE: We verified these in March, 2010.

<http://www.innerbody.com/htm/body.html>

<http://msjensen.cehd.umn.edu/webanatomy/resources.htm>

http://www.meddean.luc.edu/lumen/MedEd/GrossAnatomy/learnem/bones/main_bone.htm

Google image search: bones of the body, organs of the body

RULE CLARIFICATIONS: These apply only to DeKalb’s Elementary Tournament for 2010.

1. For our Elementary tournament, we focus on the names and basic functions of major bones, muscles and organs in the human body.
2. With the exception of major bones of the arm and leg, we do not use Latin names.



