

What have you found out about your body? Complete the circles below to tell everyone in your school.

What we found out about...

Balance

Did you know that your inner ears help you to balance?

What we discovered about...

The heart

It takes about one minute for your heart to pump your blood round your body.

What we discovered about...

Leaping legs

The length of your foot is equal to the distance between your wrist and the inside of your elbow.

What we found out about...

How quickly we can move

Usain Bolt took just 41 steps when he set the 100m world record at 9.58 seconds!

