



Video transcript for 'The parts of the human body'

The human body comes in lots of different shapes and sizes. But most are made up of the same parts, which do the same jobs.

We all have a skeleton.

The bones in your skeleton help you to stay standing up and let you move around.

They also protect the important organs inside you.

Your ribs keep your heart, lungs and stomach safe.

And your skull acts as a tough shell for your brain.

Keeping everything safely wrapped up, is your skin.

Most of us have the same kind of body parts in the same places.

You have a head and neck.

You have arms, elbows, hands and fingers.

You have a chest and a tummy.

You have legs, knees, feet and toes.

Some of us might need help to make our bodies work better.
For instance, you might need a little extra help to hear, or to get around.

Whoever you are, the best way to keep every part of your body healthy is lots of exercise.