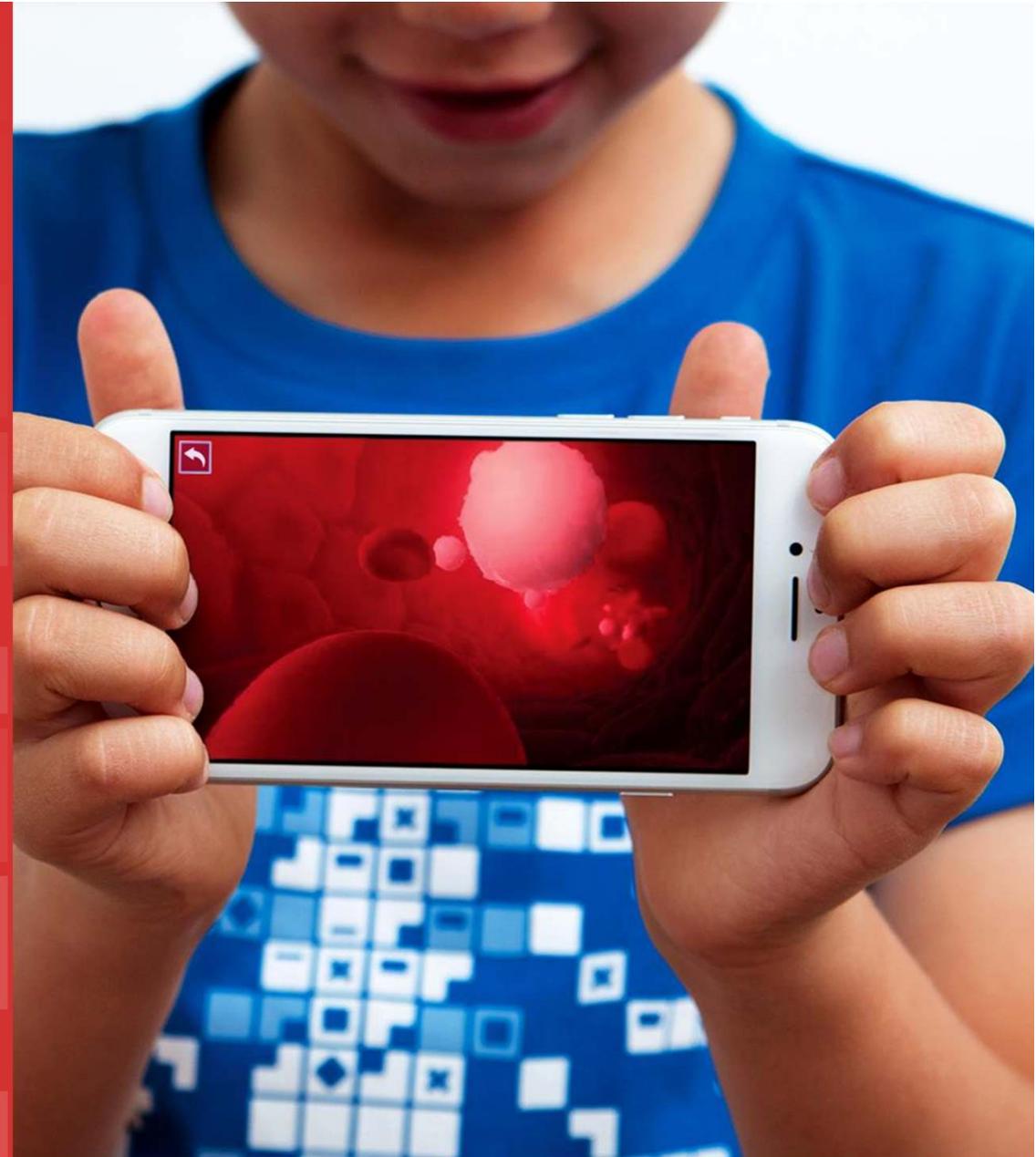


Learning Objectives

- To describe how the circulatory system works
- To describe the purpose of the main parts of the circulatory system and their function



Let's get curious...

Have you ever cut your finger?

Where does the blood come from?

How does it get to your finger?

What would happen if you didn't stop bleeding?

Let's find out some more.....



Your heart.

Can you feel your heart beating?

Place your hand in the middle of your chest.

What is happening when your heart beats?

Is it sometimes faster or slower?

Why?



Your heart is AMAZING!

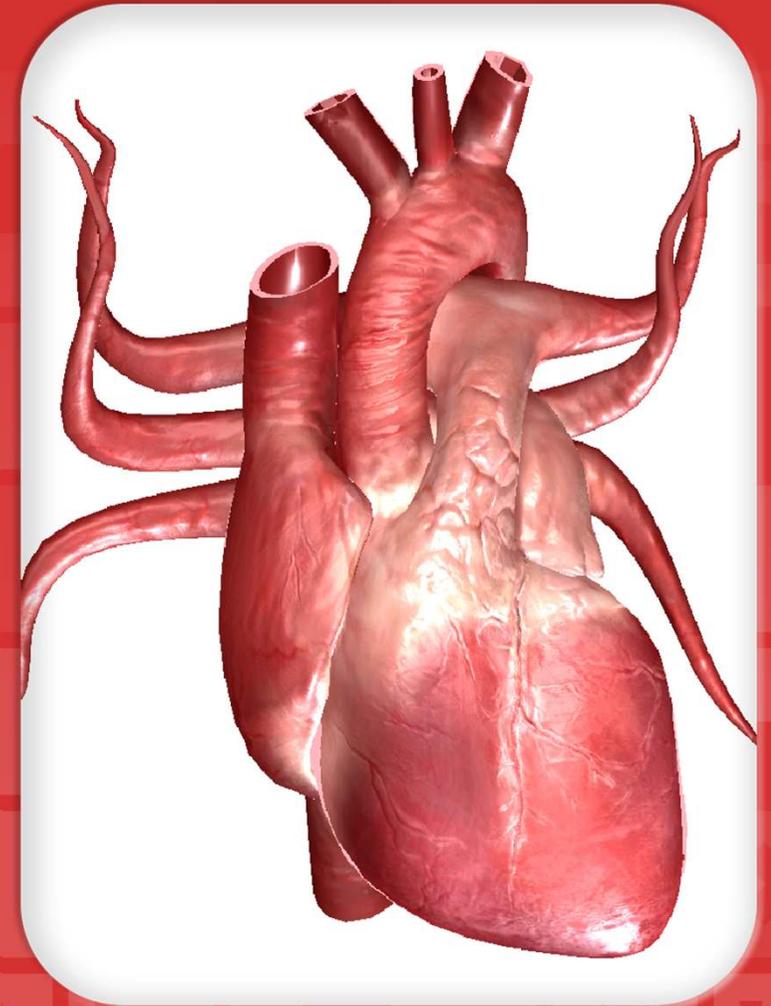
Your heart is a muscle which pumps your blood around your body.

In young people it beats at about 70 to 90 beats per minute (your heart rate or pulse)

It never takes a rest and keeps beating day and night for your whole life.

Doctors can listen to your heart with a stethoscope and you can feel your pulse on your wrist.

How fast is your heart beating now?



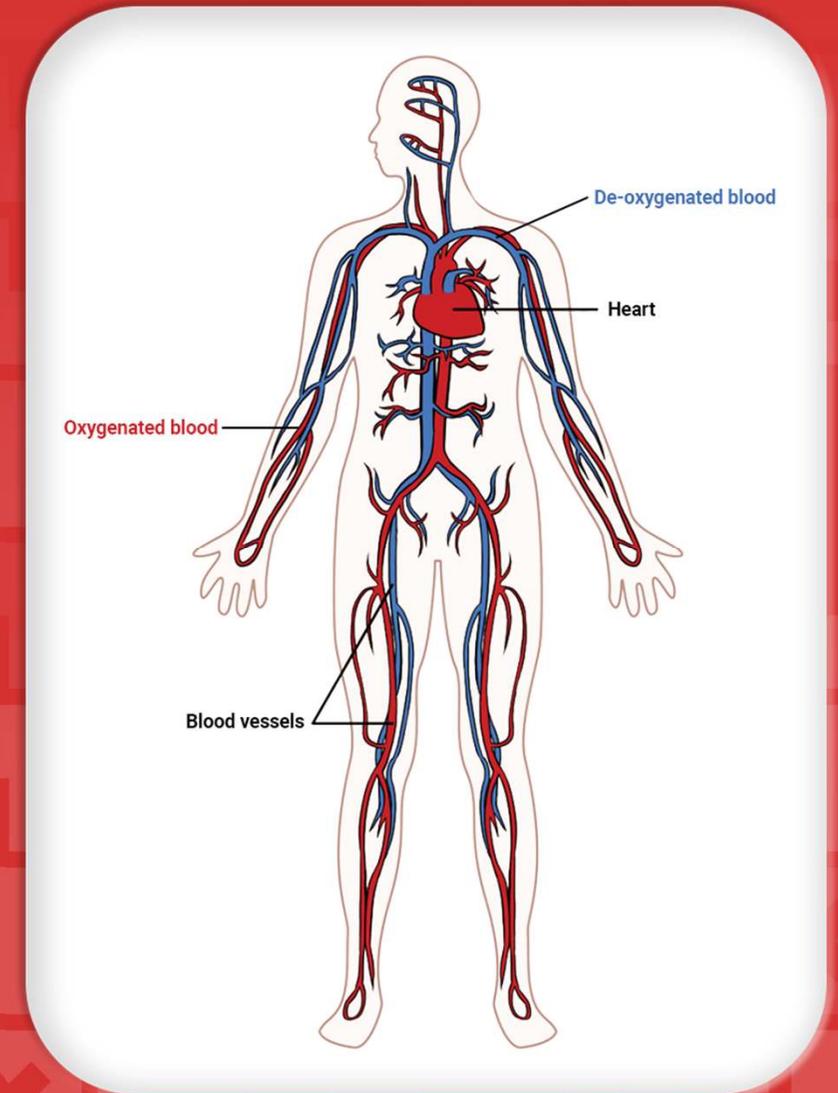
Circulatory system

The heart pumps blood through blood vessels around your body to deliver oxygen and nutrients to your organs and muscles.

Blood then returns to the heart with the oxygen and nutrients used up.

Tubes called Arteries take the blood away from the heart.

Tubes called Veins take the blood back to the heart.



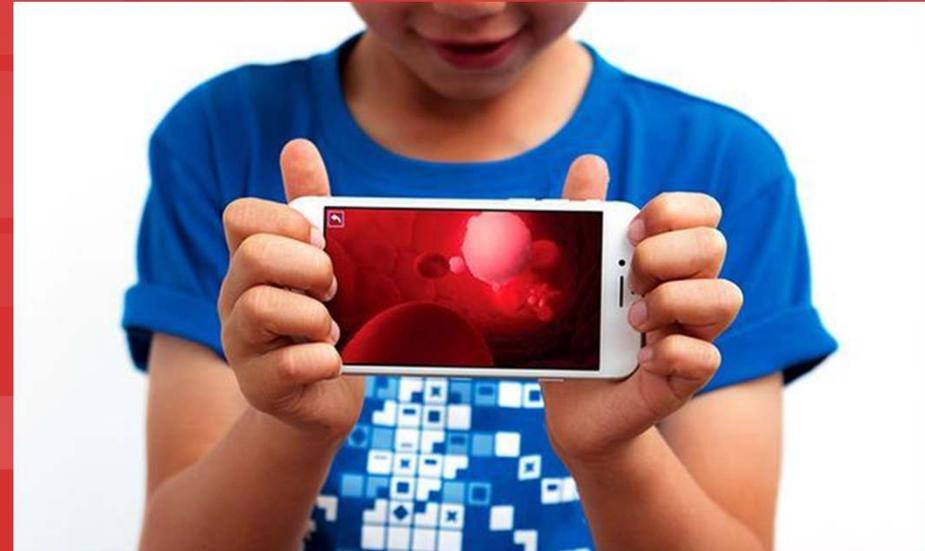
Your blood is amazing!

Blood is made up of plasma (a yellowish watery liquid).
Inside the plasma are blood cells.

The red blood cells carry oxygen and make blood red.

White blood cells fight infection.

FUN FACT There are 250 million red blood cells in a single drop of blood!



How much blood do you have?

The amount of blood you have depends on your height and weight.



An average 10 year old has 3 litres



The average adult has 5 litres

Curious facts!

If you were to lay all your blood vessels in a long line they would stretch about 60,000 miles (96,560 km)! (that's over two times around the entire world).

Your heart beats about 100,000 times a day.

Your heart beats without you having to think about it.

The image on the right is a satellite image of rivers in southern Australia. It's interesting that they look like blood vessels.



Quiz

Can you fill in the blanks and show what you've learnt today? Use the words in blue to help you.

Our heart is a _____ which pumps blood through our body. You can feel your _____ in your wrist. You can feel your heartbeat by placing your hand on your _____. If you get excited or do exercise your heart rate gets _____. Your blood delivers oxygen and nutrients to your body. A ten year old has about _____ of blood in their body. Blood is made of plasma and blood cells. _____ is carried in red blood cells. White blood cells fight _____. The right side of the heart receives blood from the body and the left side sends _____ from the lungs to the rest of the body. The process of blood going round the body is called _____.

Oxygen - infection - faster - muscle - chest - pulse -
circulation - 3 litres - oxygen-rich blood

Keeping your heart healthy

Take regular exercise that makes your heart beat faster

Eat healthily – fruit and vegetables and not too much salt sugar or fat

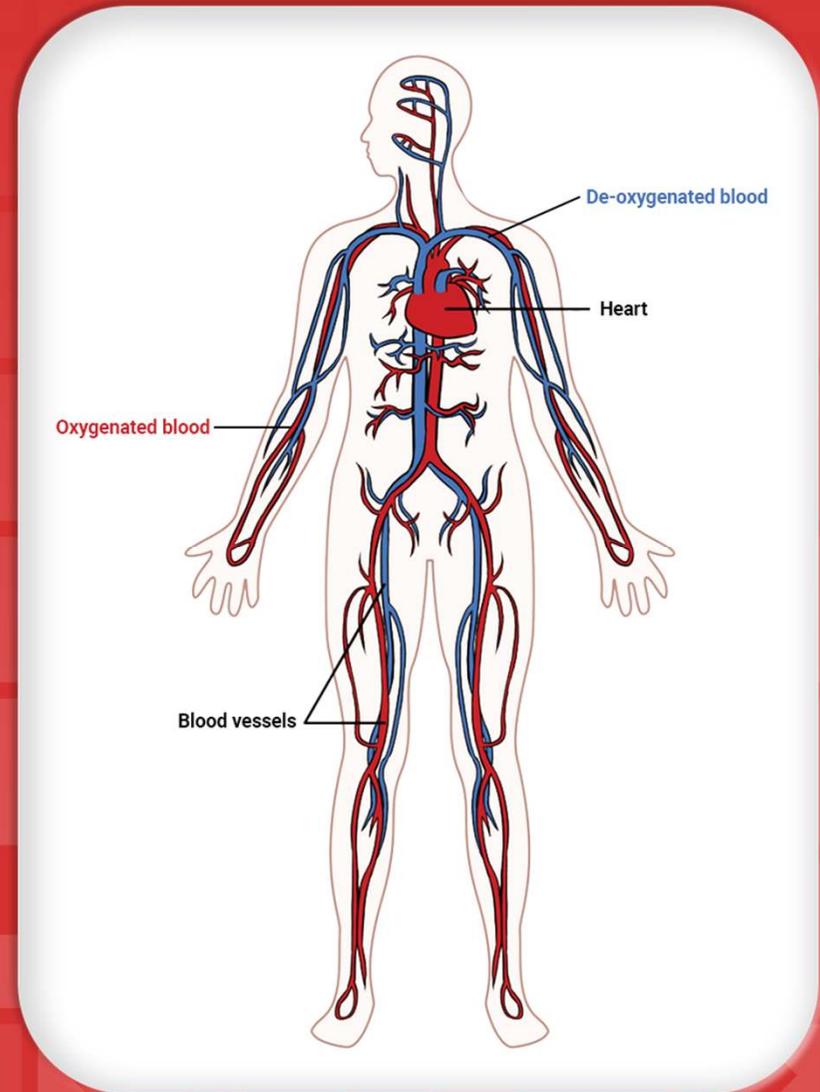
Take time to relax and avoid too much stress

Don't smoke

Print friendly take home sheet

Using the picture on the right as a guide, colour in and label the circulation diagram attached, indicating oxygenated blood in red and deoxygenated blood in blue.

Arrows to be added to show the direction of blood flow.



Today was a curious adventure into my circulatory system

Labels:

Heart

Blood vessels

Blood from the heart (**oxygenated**)

Blood to the heart (**deoxygenated**)

