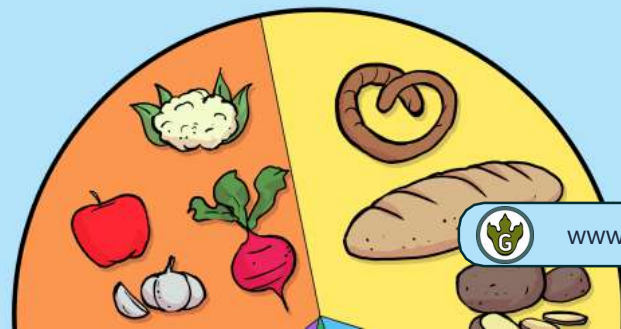
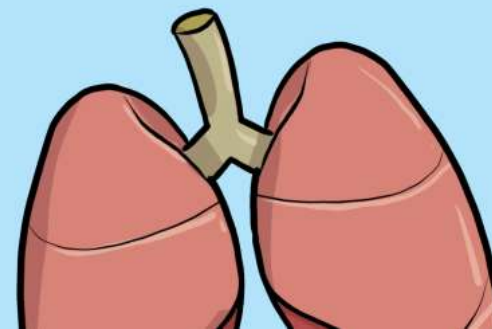


Animals including humans

I can identify and name the main parts of the human circulatory system.

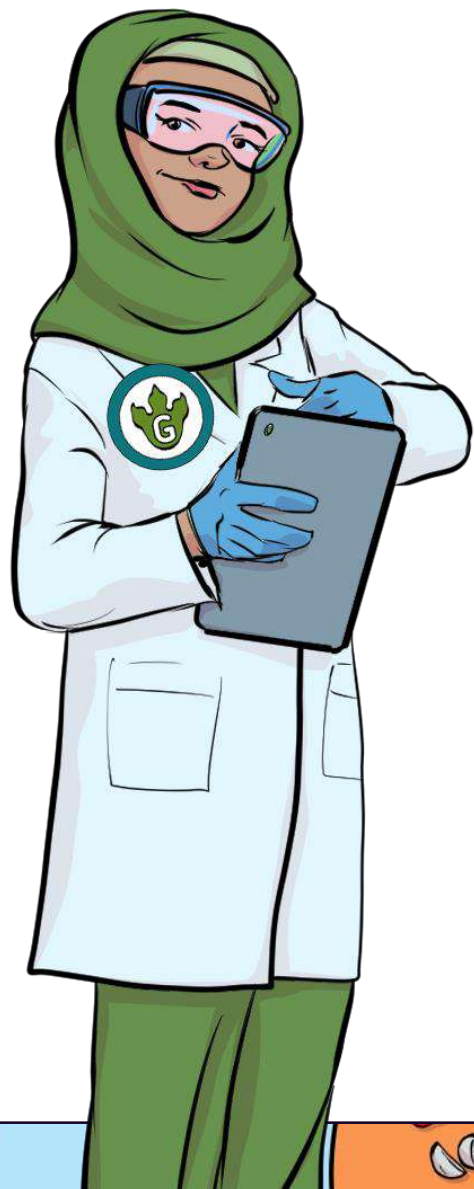


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Thinking time...

How does our heart work?
What does it do?



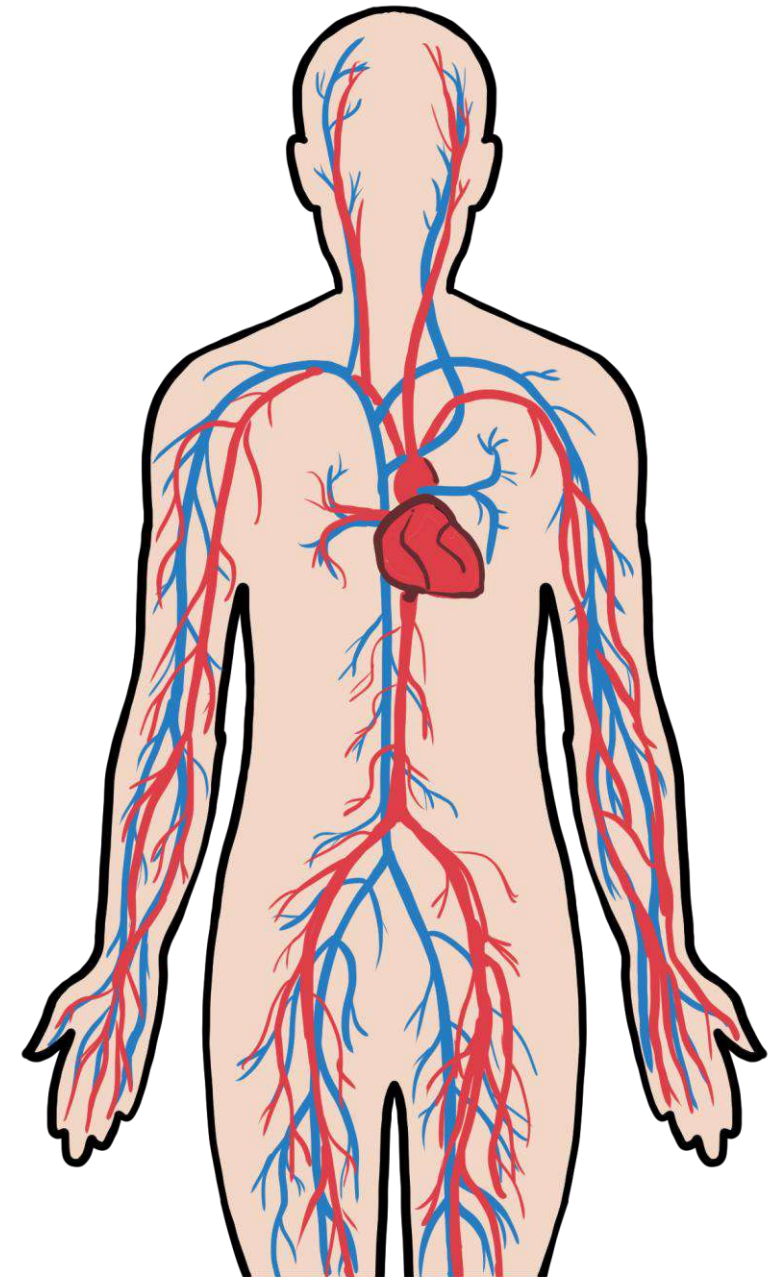
Circulatory system

The heart is part of the **circulatory system** in our bodies.
There are three main parts: the **heart**, **blood vessels** and **blood**.



New Word Alert!

circulatory - describes the process of circulation where something moves around



Circulatory system

The body's circulatory system is responsible for transporting nutrients, water and oxygen to your billions of body cells.

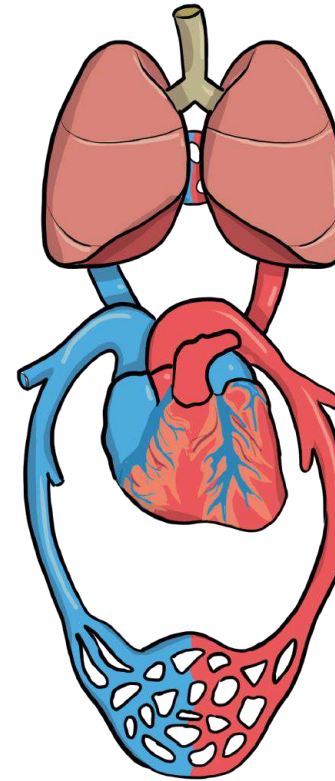
It also carries away waste such as **carbon dioxide** that body cells produce.

It is an amazing system that travels through your entire body connecting all your body cells.

The lungs provide blood with **oxygen**.

The heart pumps **deoxygenated blood** to the lungs.

Deoxygenated blood and nutrients travel back to the heart through blood vessels called **veins**.



The heart pumps oxygenated blood through blood vessels called **arteries**.

The blood travels to all other body parts, delivering oxygen, water and nutrients.



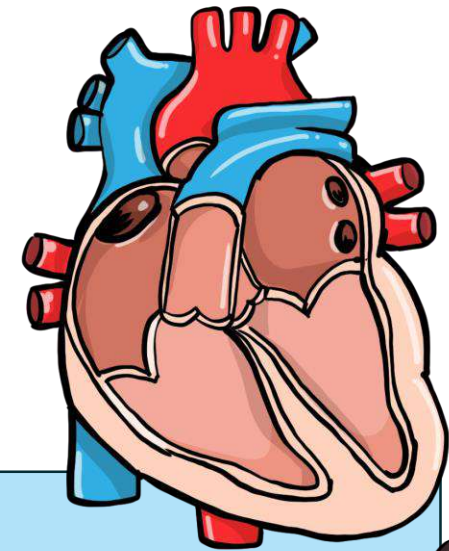
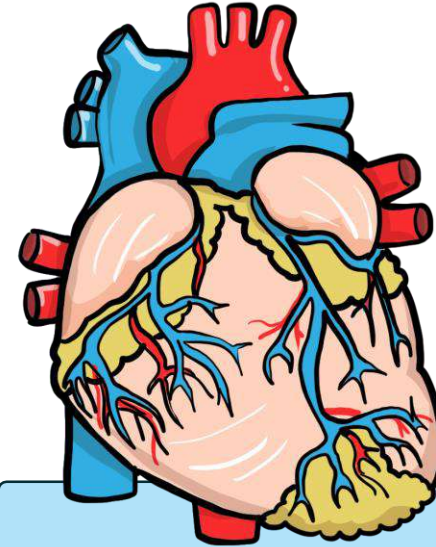
Circulatory system

The heart keeps all the blood moving around the circulatory system.

Your heart is a very strong muscle. It is made of **four chambers**, two upper and two lower chambers.

Blood enters the upper chambers. These squeeze and push the blood into the lower chambers, which then squeeze and push the blood out of your heart.

Your **pulse** is the measure of how fast your heart is beating or pumping blood.



The heart pumps all the time. It pumps more than 2.5 billion times over an average lifetime.

We have to exercise our heart to keep it strong. Doctors advise at least 30 minutes of activity a day that gets your heart rate up!

What can make your heart beat faster?



The blood vessels

The blood moves through many tubes called arteries and veins, which together are called blood vessels.

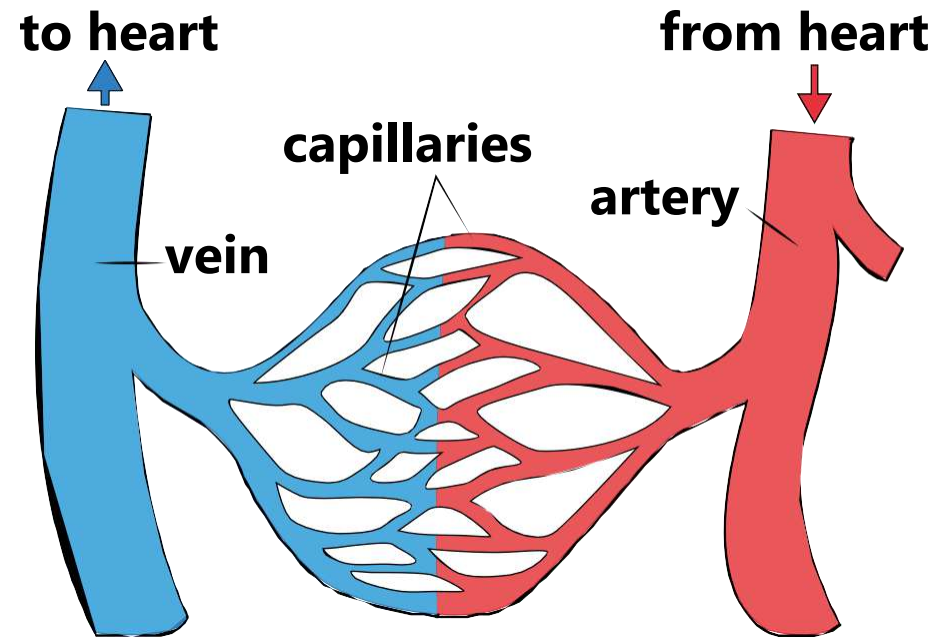
These blood vessels are attached to the heart.

The blood vessels that carry blood away from the heart are called **arteries**.

The ones that carry blood back to the heart are called **veins**.

Did you know?

If you were to lay out all of the blood vessels in one adult, end-to-end, they would stretch about 60,000 miles. It's only 9500 miles from London to Australia!



Scientific diagrams show blood in arteries as red and blood in veins as blue.

Don't worry; our blood isn't actually blue!

Oxygenated blood is bright red.

Deoxygenated blood is dark red.



The blood

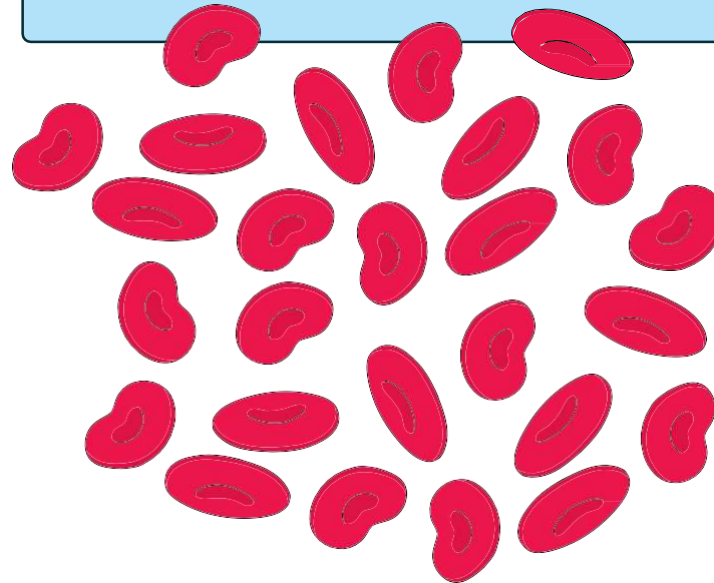
Blood delivers oxygen to all the body's **cells**. It is important to keep our body's cells healthy.

Without oxygen, these cells would die. If the oxygenated blood doesn't circulate as it should, a person could die.

Blood carries the oxygen and nutrients needed to fuel the activities of the body's tissues and organs, and it plays a vital role in removing the body's waste products.

An average-sized adult carries about **5 litres of blood**.

Approximately 2.5 million red blood cells are lost and replaced every second!



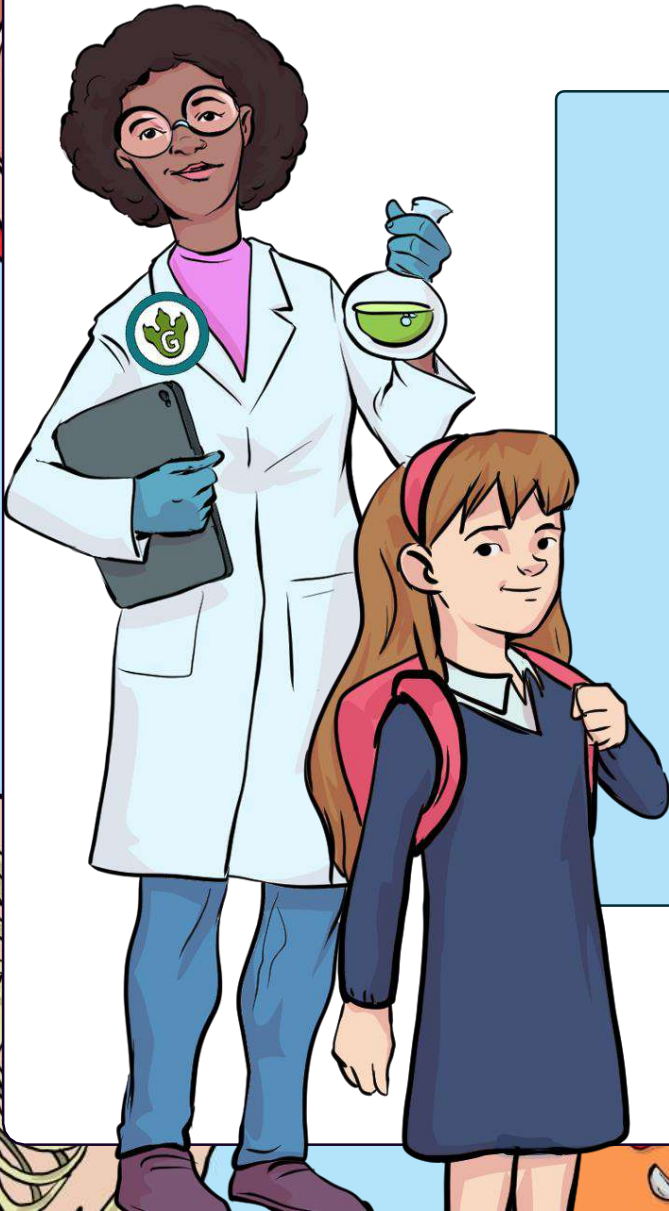
Partner activity

In front of you, you have the names of the different parts of the **circulatory system**.

Pick up a card but don't show your partner.

Explain the part of the circulatory system to your partner without saying the name.

Your partner has to **guess** which part you are describing.



Independent activity



Now, we are going to see what you have learnt!

Draw and then **label** the different parts of the circulatory system.

Then you need to **describe** the function of each part.



New Word Alert!

function – the job it has or what it does



Mix and match

Can you help me match the different parts of the circulatory system to the correct definition?



blood

a muscle that pumps blood around the body

veins

a liquid that carries oxygen, water and nutrients around the body

arteries

carry oxygenated blood away from the heart

lungs

carry deoxygenated blood back to the heart

heart

provide the blood with oxygen



Mix and match

Can you help me match the different parts of the circulatory system to the correct definition?



blood

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