

A blue-tinted illustration of a human torso, showing the muscles and skeletal structure. In the center of the chest, a glowing red heart is depicted, surrounded by a soft blue glow. The background is black.

The Circulatory System - The heart

The Circulatory System

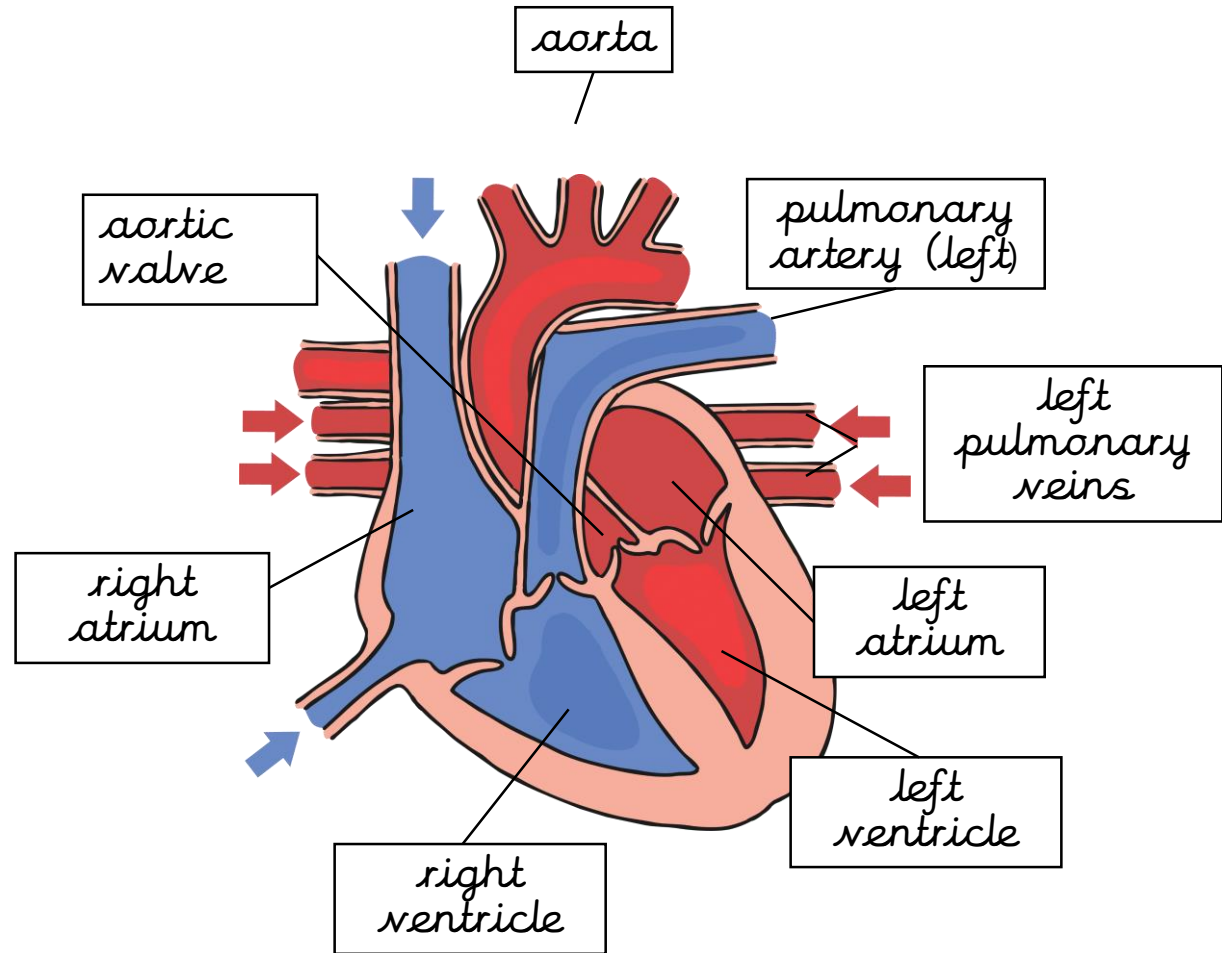
- Watch the following video
- <https://www.bbc.co.uk/teach/class-clips-video/science-ks2-how-our-circulatory-system-keeps-us-alive/zhf76v4>

The Function of the Heart

The heart is a powerful muscle that is situated between your lungs, protected by the ribcage.

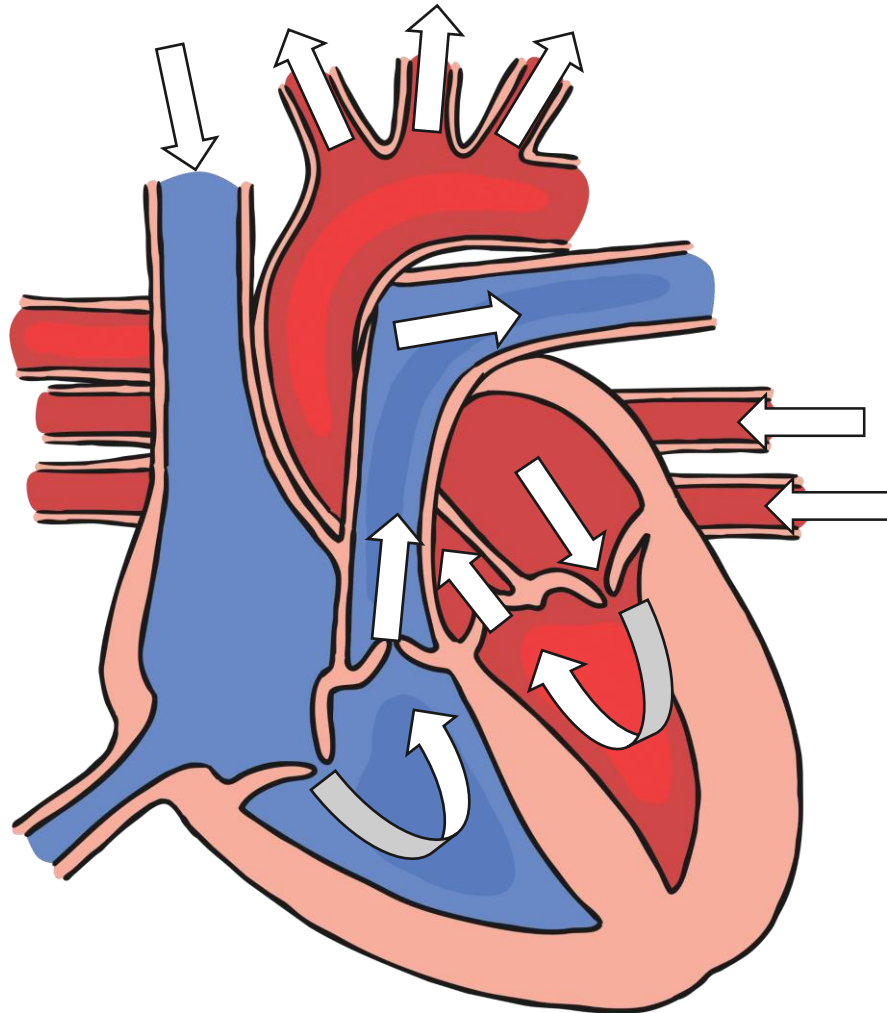
The heart pumps blood to the lungs to get oxygen.

The heart pumps the oxygenated blood to the rest of the body.



How the Heart Works

Click to go through each stage of the process.



right atrium

right ventricle

pulmonic valve

pulmonary artery
(left)

left pulmonary
veins

left atrium

left ventricle

aortic valve

aorta

The Circulatory System - Task 1

- Label the diagram with the parts of the heart system

The Circulatory System

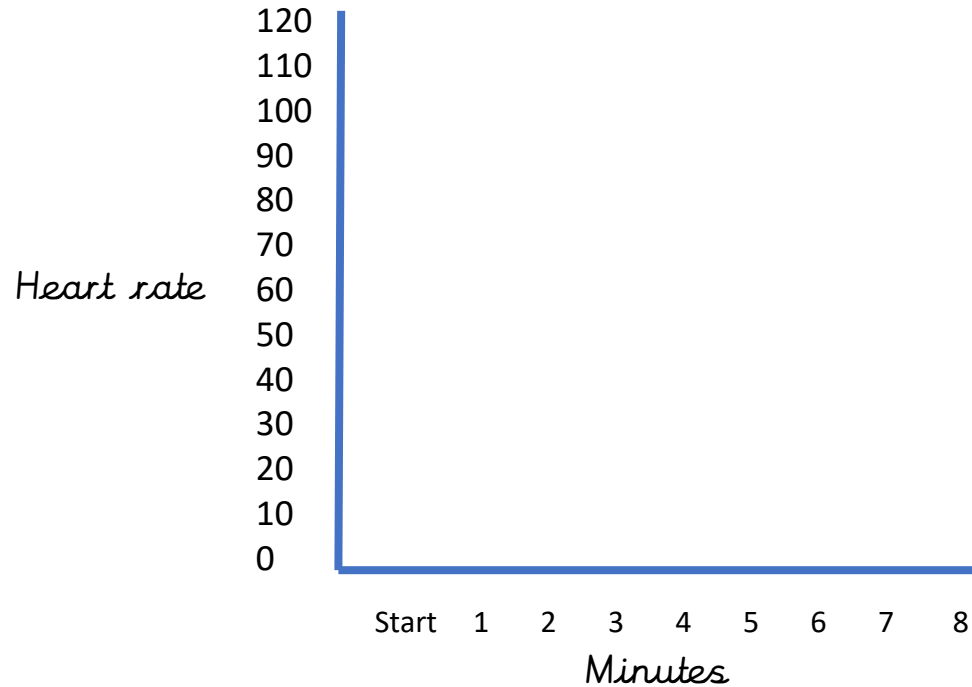
- Heart rate - The speed at which your heart beats
- What happens to your heart rate when you exercise?

The Circulatory System - Task 2

- You are now going to see what happens when you exercise your body
 1. Measure your heart rate
 2. Exercise for 1 - 2 minutes or more if you want to (This can be done inside or outside)
 3. Take your heart rate straight after you have finished exercising
 4. Count for 1 minute and then take your heart rate again
 5. Continue to do this until your heart rate returns to your starting measurement
- Draw a graph and plot your results
- There is an example graph on the next page to give you some ideas

The Circulatory System - Task 2

Example



Heart Rate before exercise:

Heart Rate straight after exercise:

Minutes taken for heart rate to return to normal: