

ACTIVITY 6 WHY ARE YOUR HEART AND LUNGS IMPORTANT?

Today we are going to find out about other key body parts and their functions. Without them, it would be impossible to do anything at all.

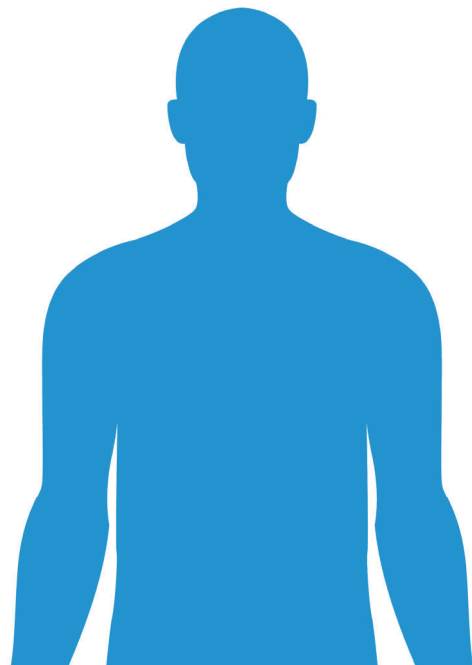
STARTER

Let's see what you know already. In pairs discuss the questions and then write down your answers.

How big is your heart?

Why does your heart beat?

On the picture draw where you think the heart is.



Q1

What does your heart do? Watch the video and see if you can select the correct answers below.

The heart is a **bone** / **muscle**. The heart is protected by the **ribs** / **skull** and is located slightly to the **left** / **right** of the centre of your chest. The heart acts like a **pump** / **cleaner** pushing blood filled with **carbon dioxide** / **oxygen** around your body. When the heart pumps, it beats. We measure the heartbeat using **temperature** / **pulse**. You can check your heartbeat easily at your neck or wrist.

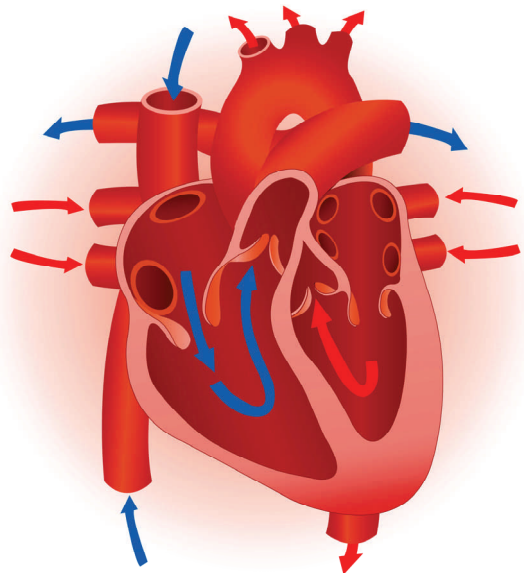
Q2**Watch the video a second time to learn more about how the heart works.**

Your heart is divided into two parts. The right side receives blood _____ oxygen from your _____ and pumps it to your _____. The left side receives blood _____ oxygen from the _____ and pumps it to your _____.

This pumping happens because the _____ in the walls of your heart _____ regularly. This movement of blood around your body is called _____.

WORD CHOICES

without	muscles
with	contract
lungs	body
body	lungs
circulation	

**ACTIVITY****How much oxygen do you get when you breathe?**

The heart is only useful if it receives oxygen from the air. The way we do this is by breathing air into our lungs. Do you know how big your lungs are?

Take a big breath in and then try blowing up a balloon using just this one breath.

All the air that was in your lungs is now in the balloon. Now you have a rough idea about how big they are.

Q3

You are now going to see an animation about how the heart and lungs work together to take oxygen around the body and take carbon dioxide away from muscles. While you are watching the animation select True or False for the statements below.

Blood cells are like little delivery trucks for your body.	True	False
The circulatory system is made up of your heart and blood vessels.	True	False
Your heart stops when you go to sleep.	True	False
There is only one red blood cell in your entire body.	True	False
Blood cells pick up oxygen from your lungs.	True	False
Blood cells only go to your feet.	True	False
Blood with oxygen in it is blue.	True	False

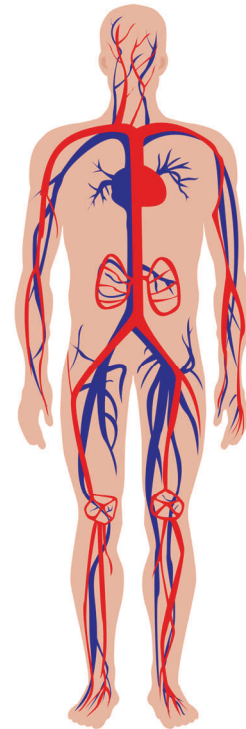
Q4

Here's a diagram of the circulatory system in your body. It's quite hard to see from the outside!

Roll up your sleeves and turn your left hand over so you can see your wrist and lower arm. Clench your hand then open it again. Repeat this 5 to 10 times.

Arteries are the blood vessels that take blood with oxygen from the lungs. This blood is red. Veins are blood vessels that take blood without oxygen from the body to the lungs.

Now see if you can answer the questions below.



Which blood vessels begin to appear on your forearm and wrist?

What colour are they and why?

Can you explain why you cannot see your arteries?