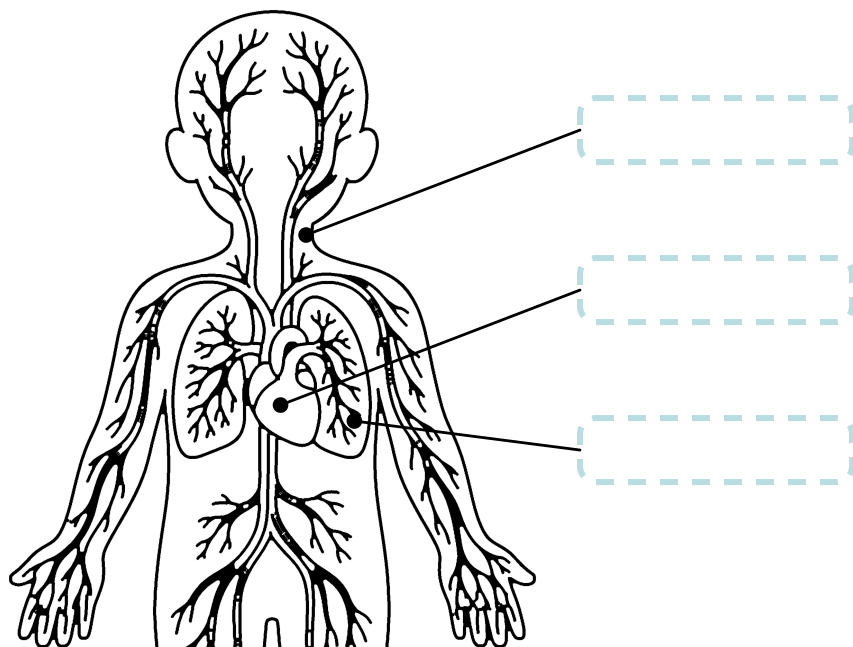


The circulatory system

Read about the heart and blood. Then label, follow the path of blood and measure your pulse.

Your **circulatory system** moves blood around your body. Your **heart**, a muscle about the size of your fist, pumps blood through tubes called **blood vessels**.

① Label the heart, the lungs and the blood vessels.



What does each part do?

arteries

carry blood away from the heart

veins

carry blood back to the heart

capillaries

tiny vessels where oxygen passes into the body's cells

blood

carries oxygen and nutrients to cells and takes away waste

② Follow the path of blood. Number the steps from 1 to 5.

- ☐ 1 The heart pumps the blood out to the whole body through arteries.
- ☐ 2 The heart pumps blood to the lungs.
- ☐ 3 Blood gives oxygen to the body's cells and comes back to the heart through veins.
- ☐ 4 In the lungs, blood picks up oxygen and gets rid of carbon dioxide.
- ☐ 5 The blood, now full of oxygen, returns to the heart.

③ Find your pulse on your wrist. Count the beats for 15 seconds, then multiply by 4.

	Beats in 15 seconds	Beats in 1 minute (x 4)
Sitting still		
After 1 minute of jumping jacks		

1. Why does your heart beat faster when you exercise?