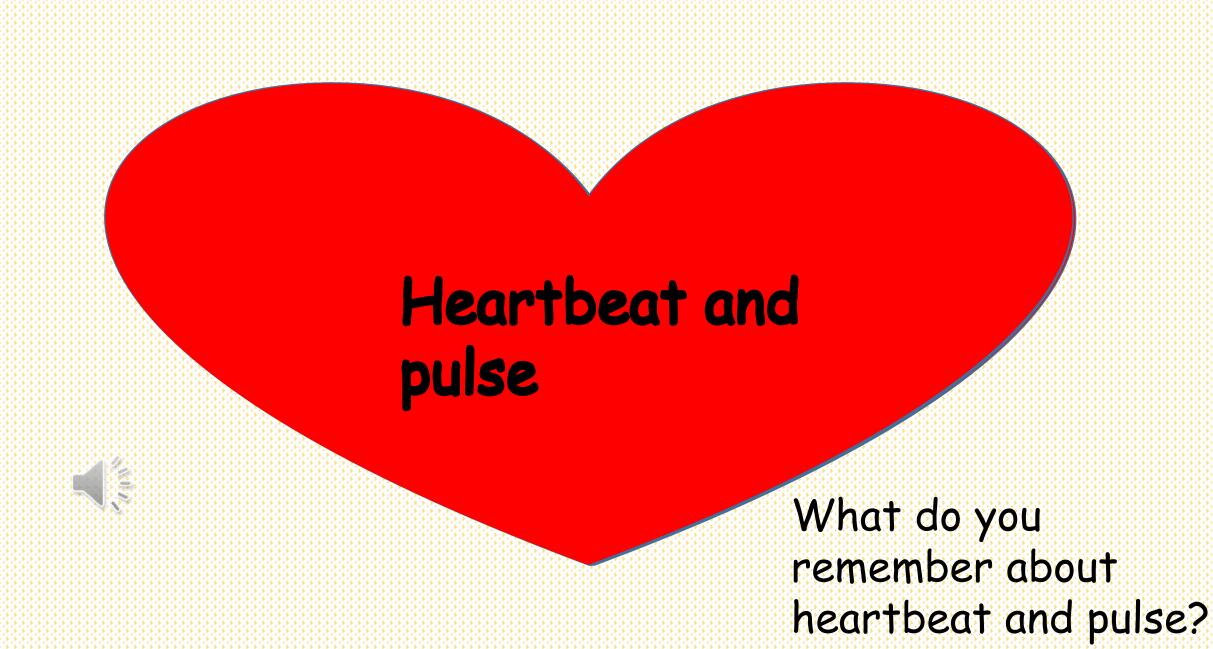


21st Century Schools

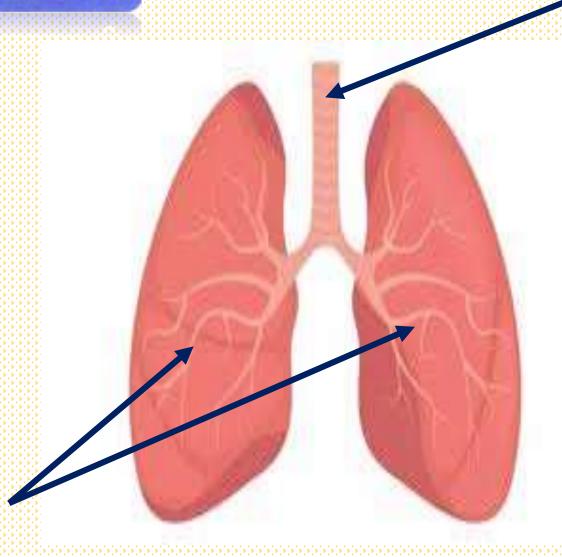






1.4 The lungs and breathing

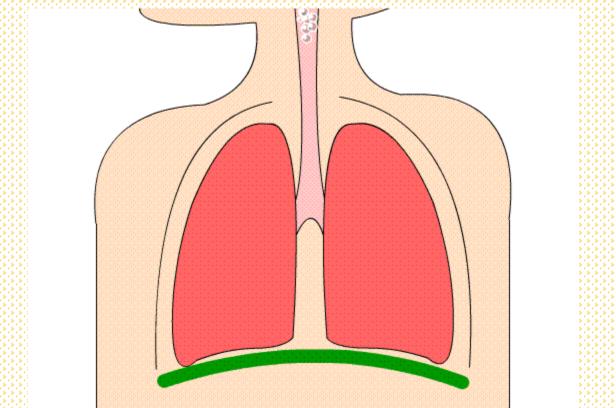
Wind pipe





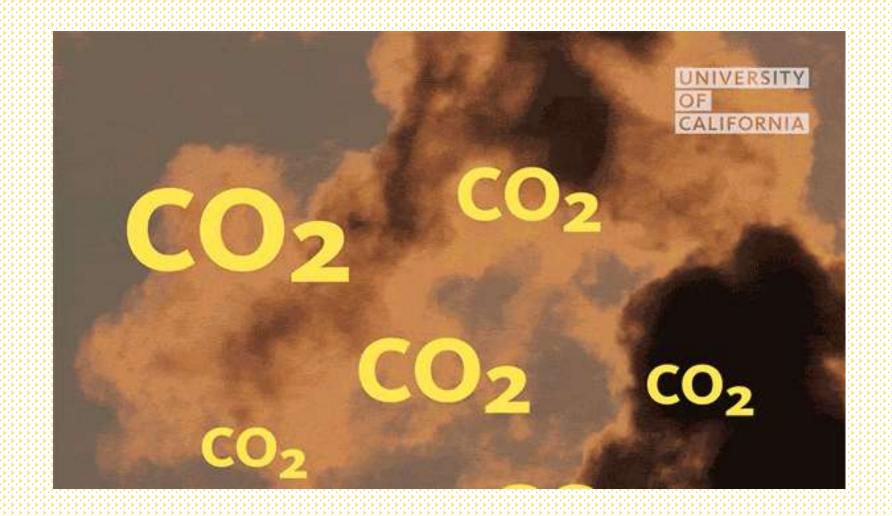
Lungs

breathing





Carbon dioxide

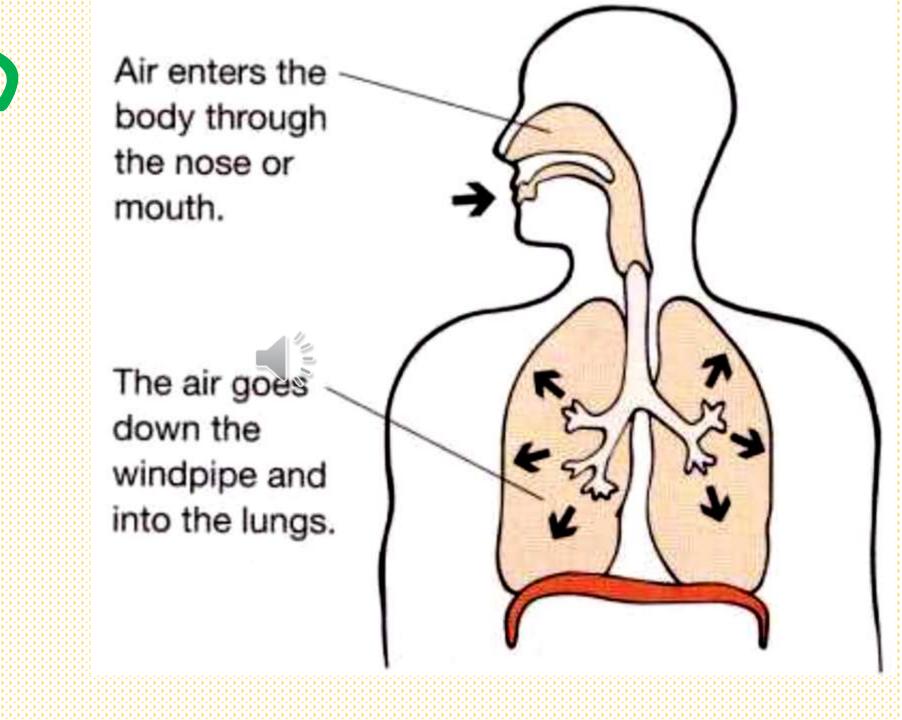




We use our lungs for breathing. We need to breathe to stay alive. We breathe in and breathe out.

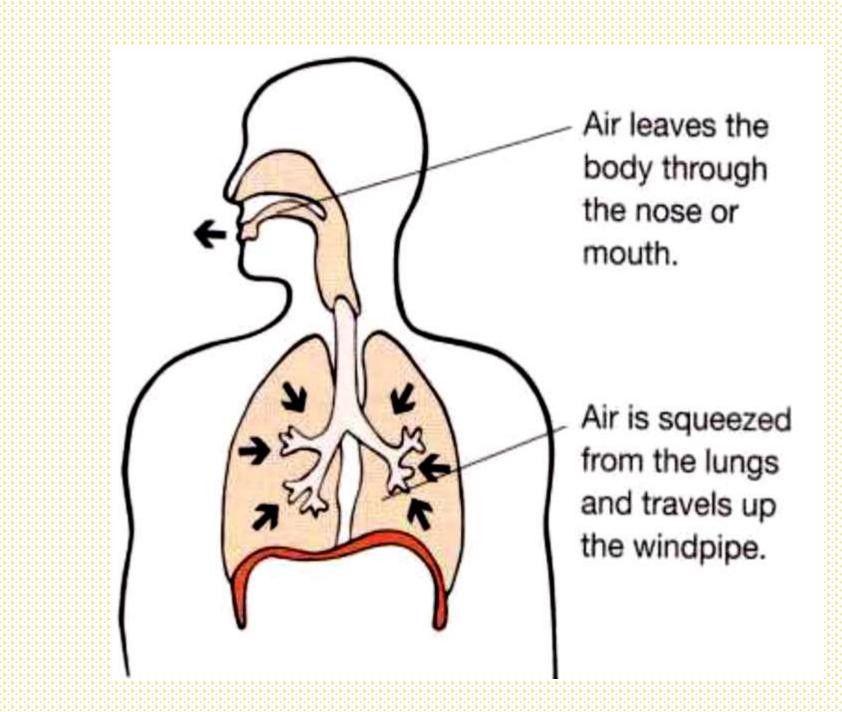
The lungs are found in the chest. They are protected by the ribs. The lungs are like stretchy sponges that fill up with air.





When we breathe in, oxygen from the air moves into the blood vessels in the lungs. Blood carries the oxygen to the heart and then to the other parts of the body. We need oxygen to live.





As your body uses up oxygen, it makes carbon dioxide.

Carbon dioxide is a waste gas that the body must get rid of.

The blood carries the carbon dioxide back to the lungs. We get rid of carbon dioxide in the air we breathe out.

Complete sentences about the lungs and breathing

Use the words in the box to complete the sentences.

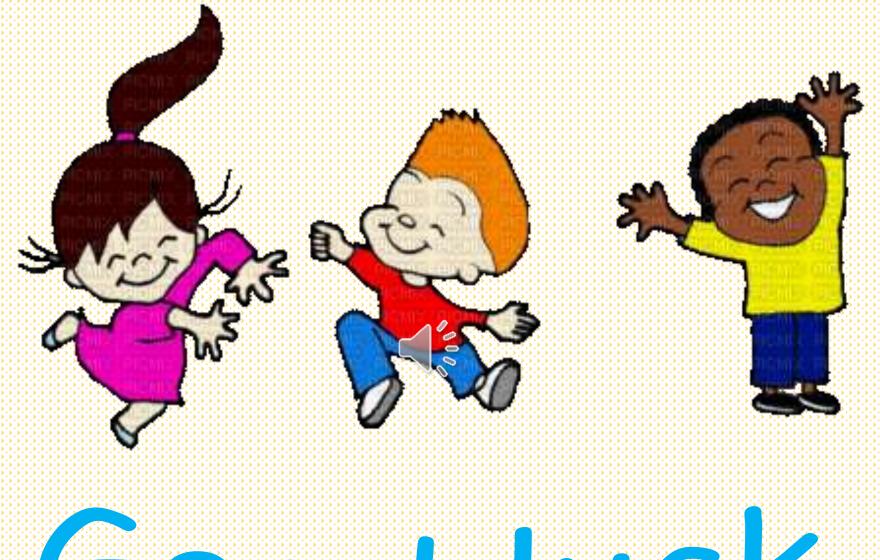
blood	ribs	lungs	windpipe	nose	carbon dioxide	oxygen
We bre o	ithe in	air throug	h our			
The air r	noves d	lown the _			and into	
our			Th	e air the	n moves into the	
			We bre	athe out	air that contains	
			The			
nrotect c	ur bred	thing sust				

What you have learnt

- We use our lungs for breathing.
- Our lungs get bigger and fill with air when we breathe in.
- Our lungs get smaller and push out air when we breathe out.
- We breathe in oxygen from the air.
- We breathe out carbon dioxide.



uni



#