



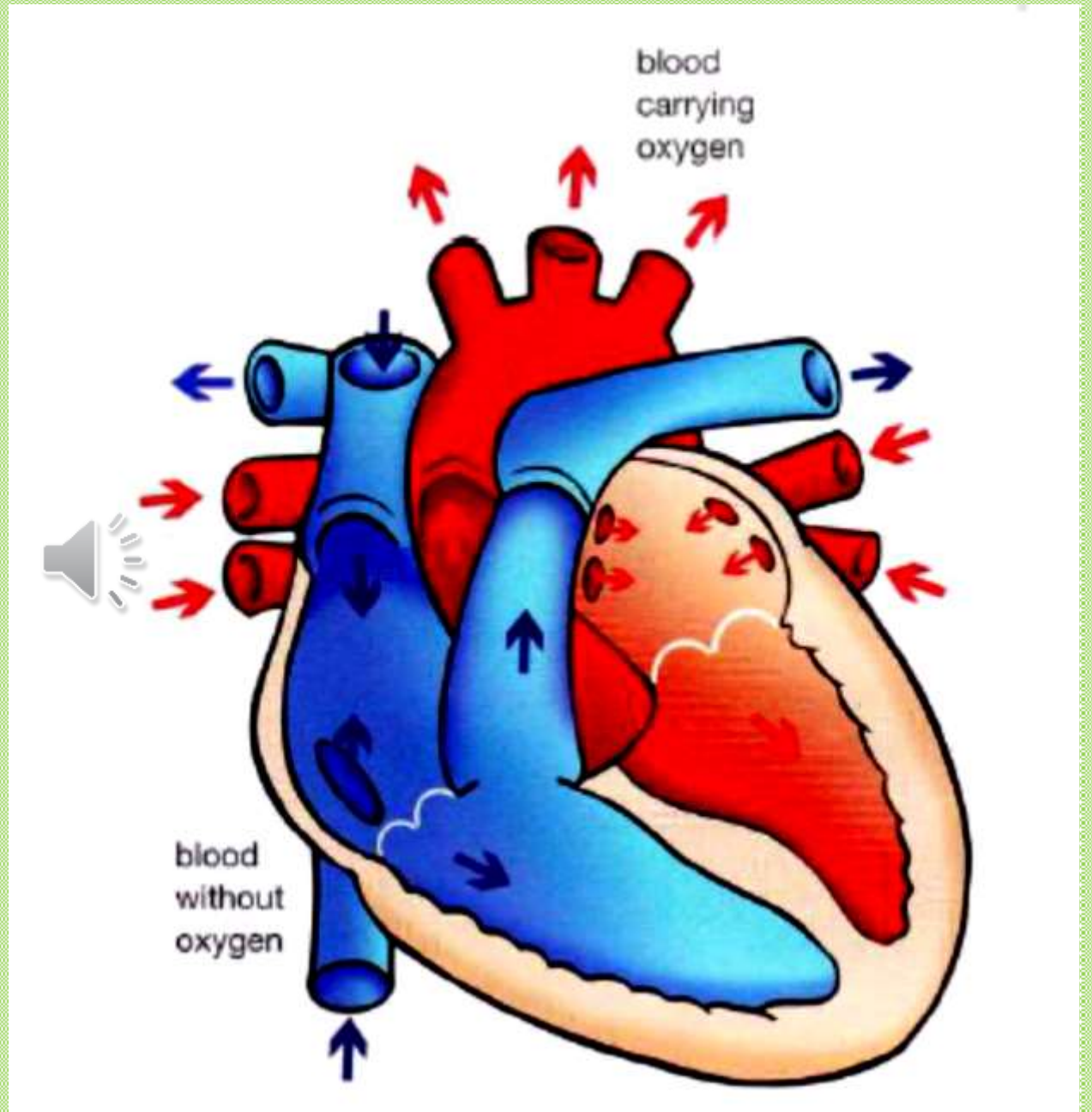
21st Century Schools

HELLO





Heart



Put your hand on your chest. Can you feel your
heart beating? Why does your heart beat?

Make a fist with your hand. That's how big your heart is. Your heart is found inside your chest, slightly to the left.



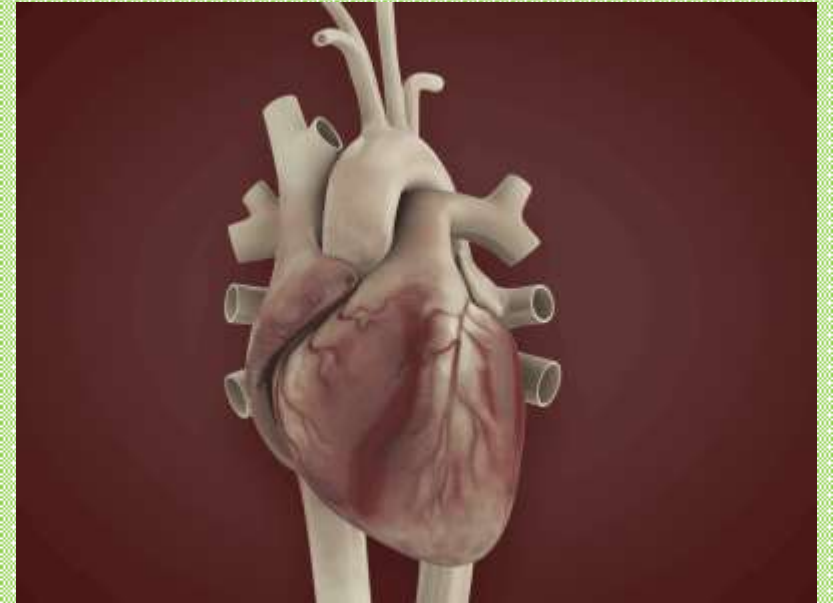
It is protected by the ribs.

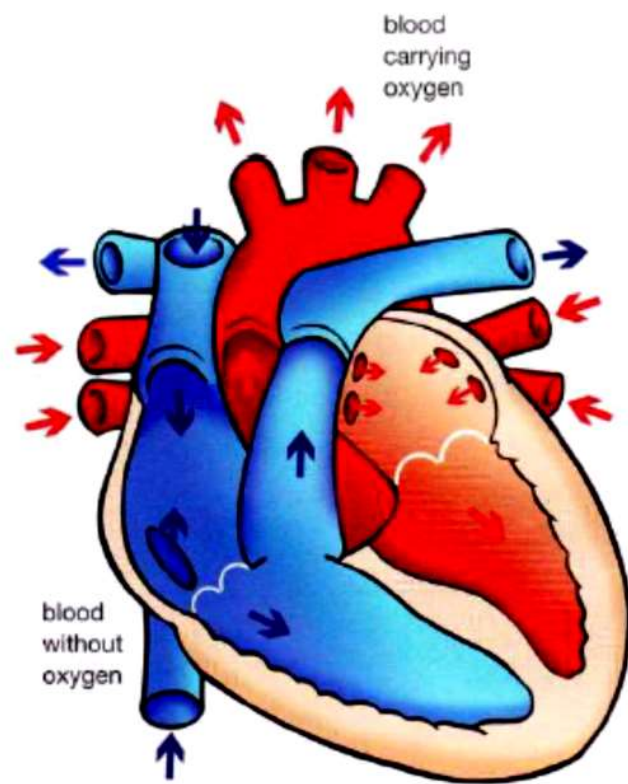


What is Circulation

Your heart is a special muscle. Its job is to pump blood through your body. This process is called **circulation**.

Every time the heart muscle squeezes to pump blood, you can feel a heartbeat. It takes less than a minute to pump blood to every part of your body. The heart does this all the time and never stops.





The heart has two sides. The left side (red in the diagram) pumps blood that contains **oxygen** all around the body. The right side (blue in the diagram) pumps blood without oxygen to the lungs only.

What you have learnt

- 🌀 The left side of the heart pumps blood that contains oxygen to the rest of the body.
- 🌀 The right side pumps blood without oxygen to the lungs.
- 🌀 The blood carries food and oxygen to all parts of the body and carries away waste products from the different parts of the body.



How big is your
heart?

What organ protects
our heart?

1.2 The heart

heart, contracts

KEY FACT

The **heart** is a muscle that never rests. It **contracts** about 72 times every minute to keep pumping blood around the body. The blood carries food and oxygen to all parts of the body.

Explain the way the heart works

Circle the letter of the correct answer to the following questions about the heart.

1 The heart pumps blood that ...

- a** contains oxygen only
- b** contains carbon dioxide only
- c** contains both oxygen and carbon dioxide.

2 The heart pumps blood to ...

- a** all parts of the body
- b** the lungs only
- c** the kidneys only.

Thank

you