

Alavi

21st Century Schools





Heartbeat and pulse

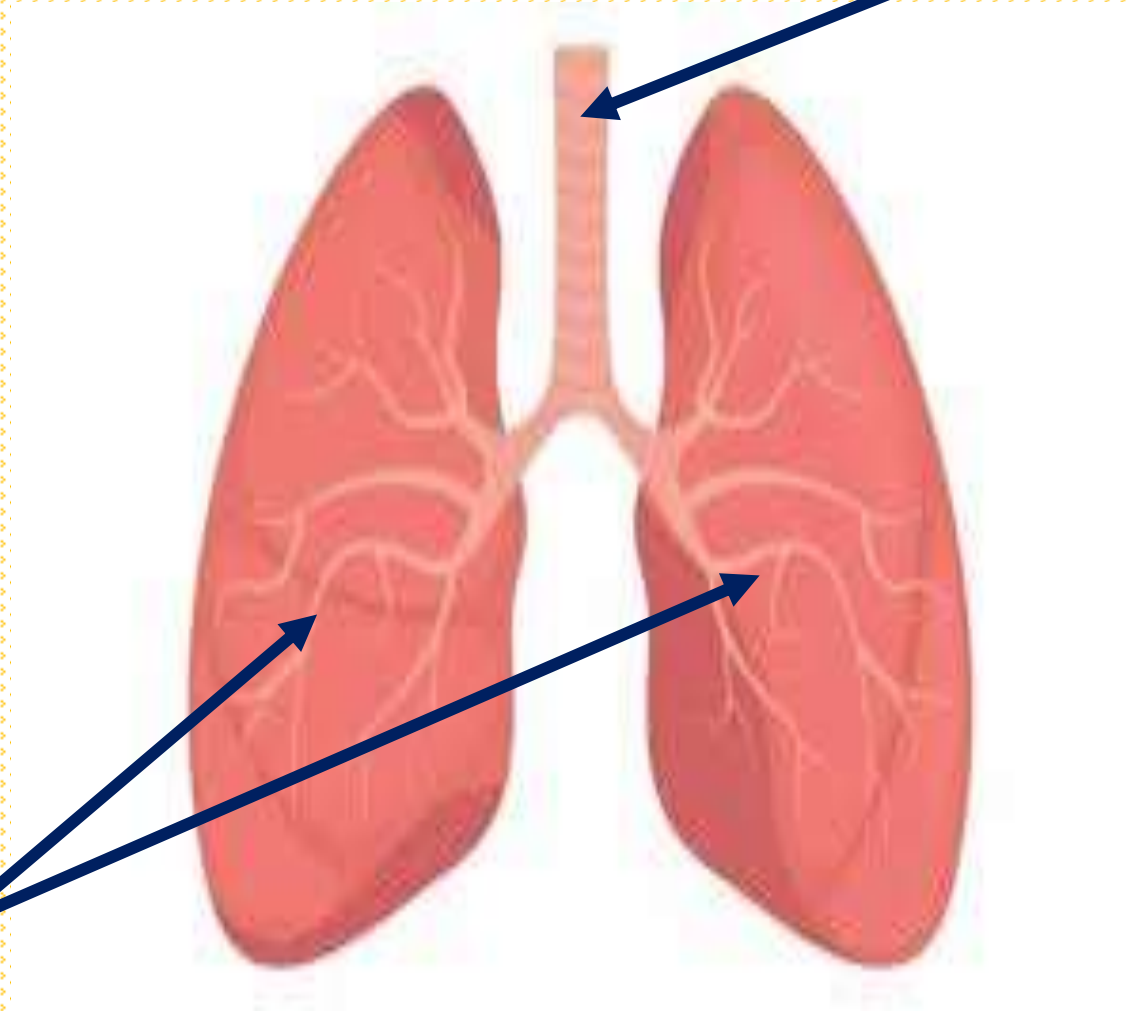


What do you remember about heartbeat and pulse?



1.4 The lungs and breathing

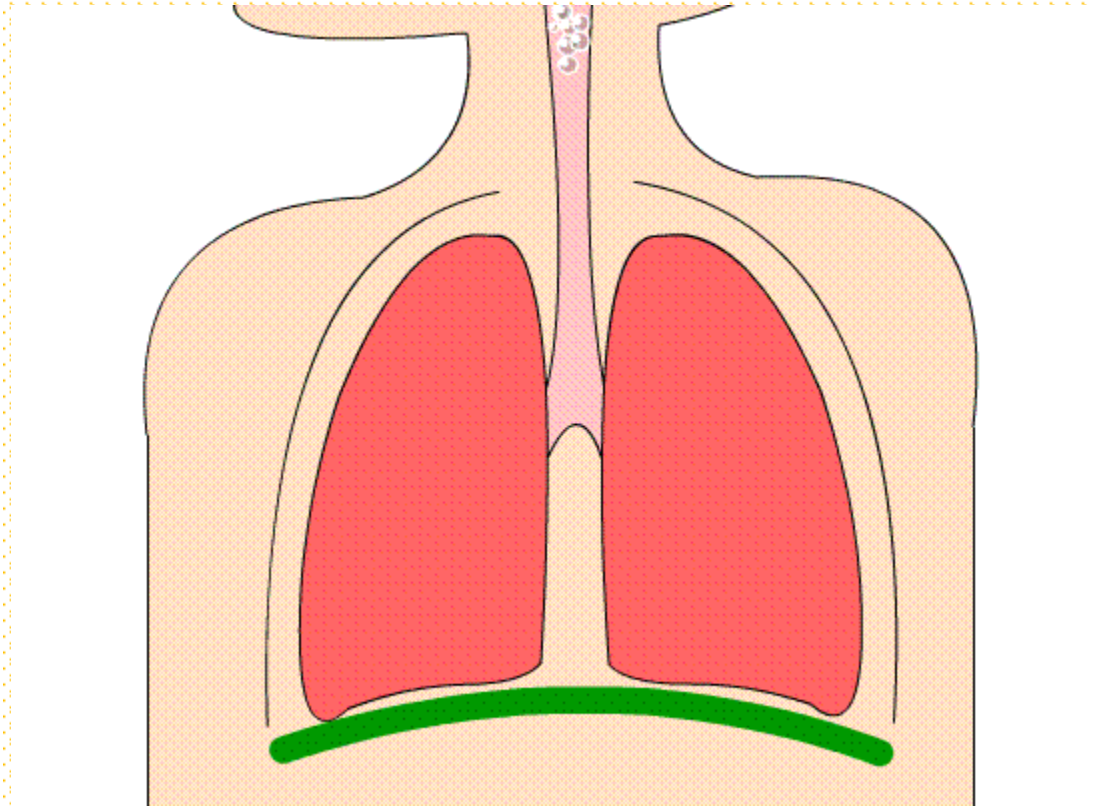
Wind pipe



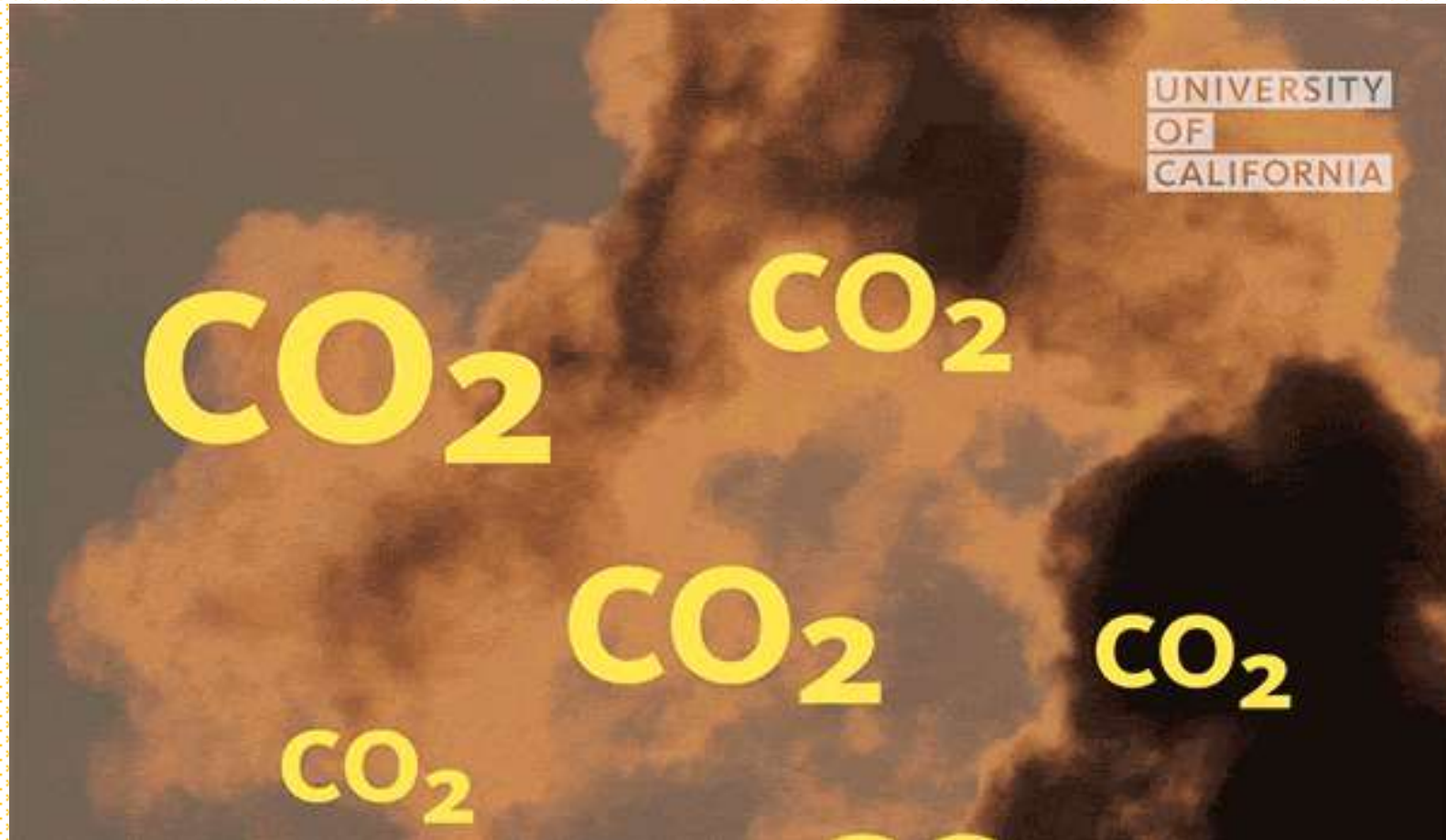
Lungs



breathing



Carbon dioxide



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

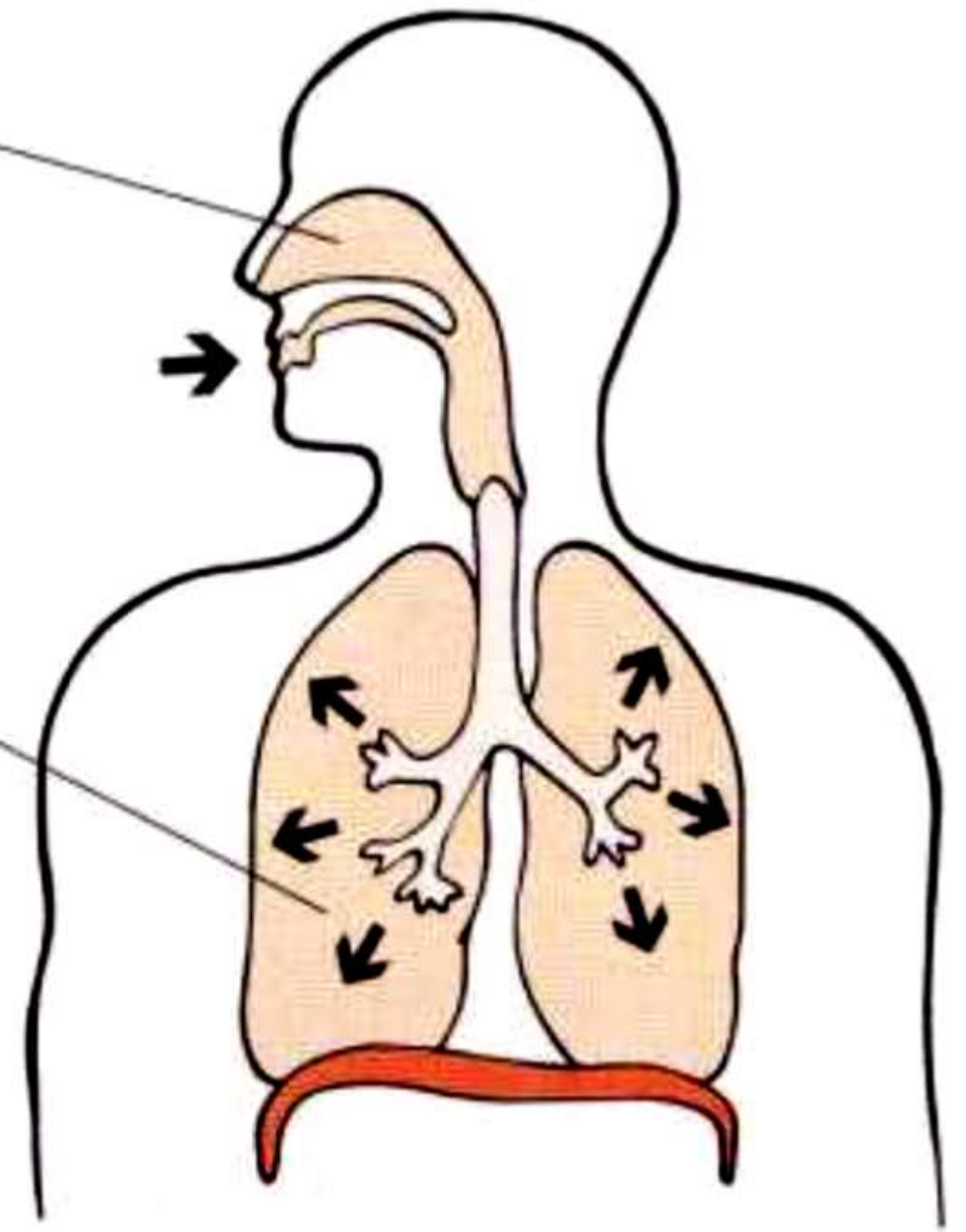


The lungs are found in the chest. They are protected by the ribs. The lungs are like stretchy sponges that fill up with air.

Breathing

Air enters the body through the nose or mouth.

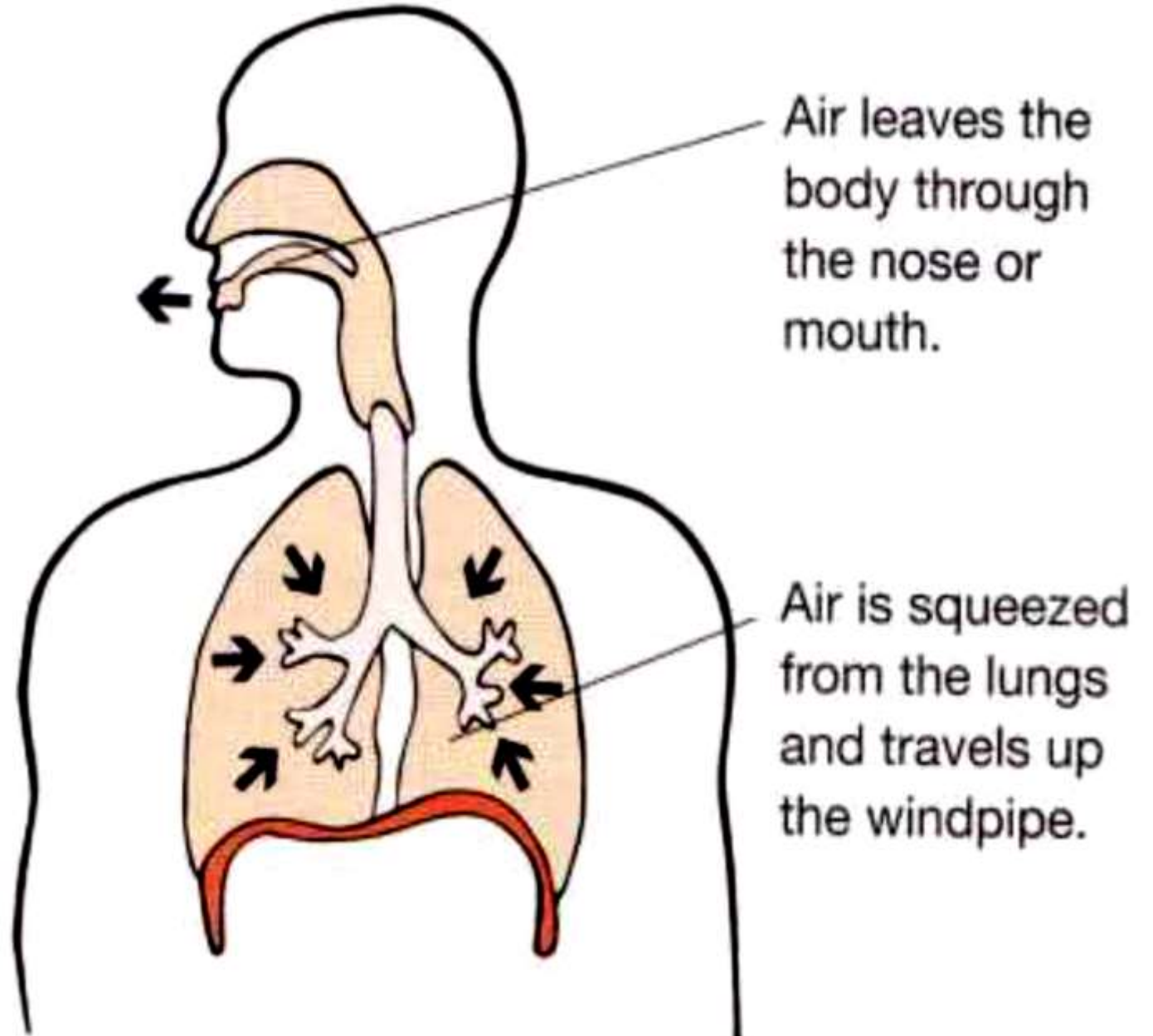
The air goes down the windpipe and into the lungs.



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.



Breathing



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

1 Use the words in the box to complete the sentences.

blood ribs **lungs** **windpipe** nose carbon dioxide oxygen

We **breathe** in air through our _____.

The air we breathe in contains _____.

The air moves down the _____ and into our _____.

The air then moves into the _____.

We breathe out air that contains _____.

The _____

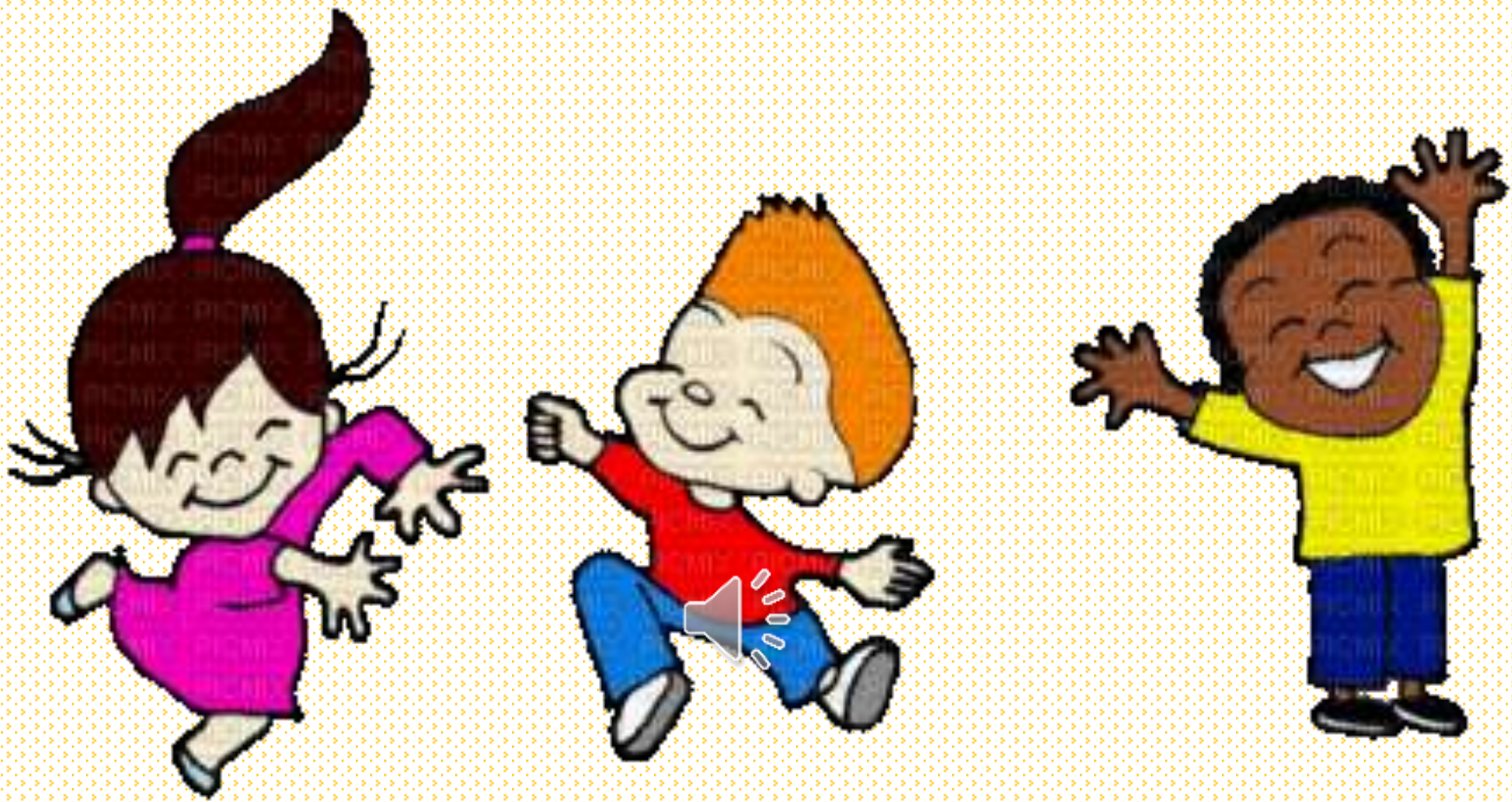
protect our breathing system.



What you have learnt

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





Good luck