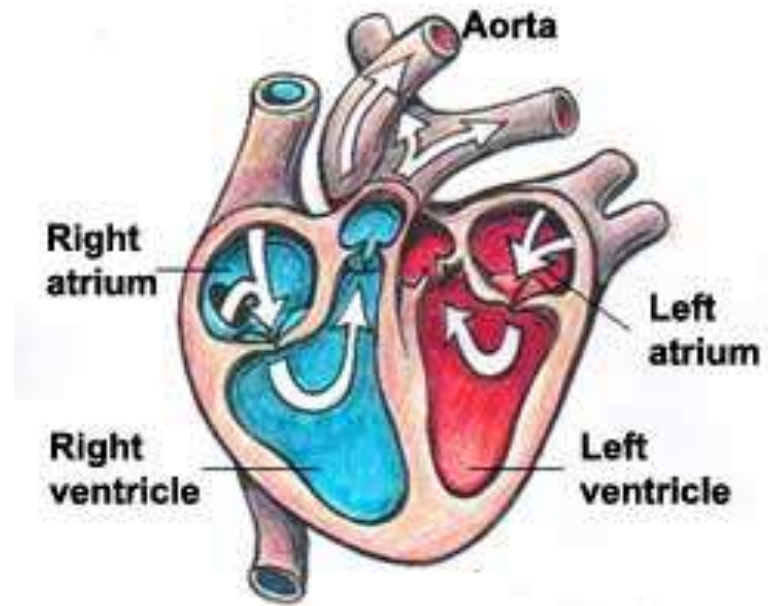


- LO to understand how the heart works.
- Can you feel your pulse?
- Hear your neighbour's heartbeat?
- What is going on?

# THE HEART

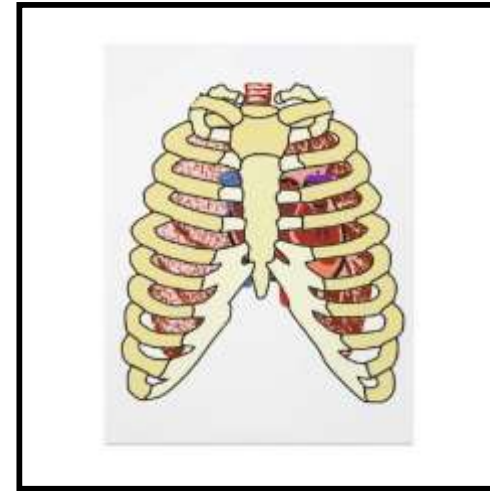
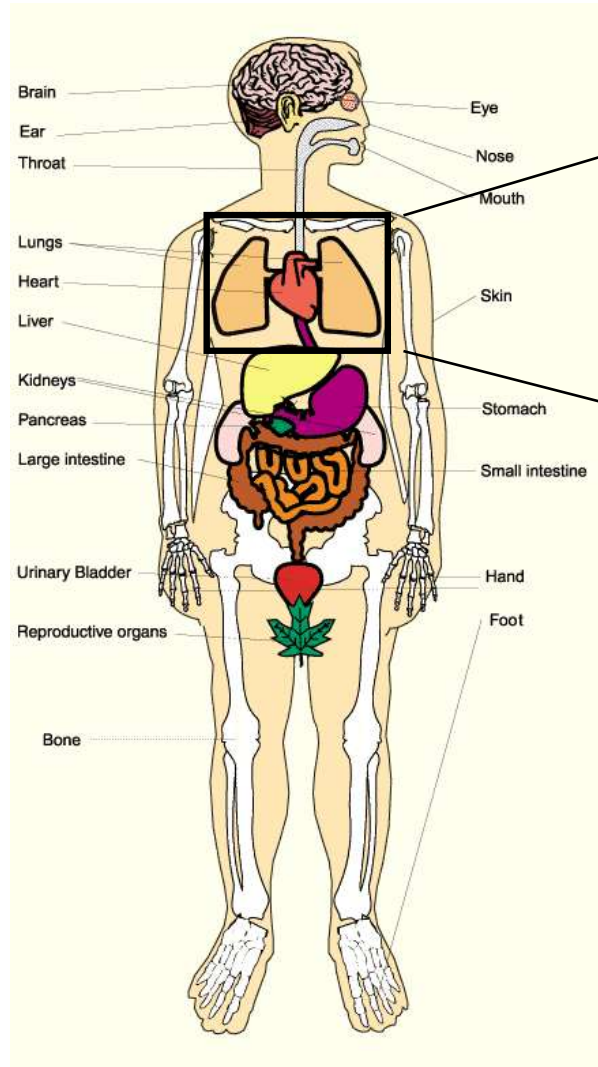


# What does the heart do?

- Your heart is made of muscle and its job is to pump blood around your bodies **100,000km** of blood vessels each and every day.  
That's nearly long enough to stretch round the earth **8 times!**
- By pumping blood round your body, the heart provides all of your muscles with the oxygen they need to be able to work properly



# Where is your heart?



Your heart is located at the centre of your chest and is about the size of your fist. It is guarded by your ribs and breast bone to keep it safe. The heart is one of the most important organs in our bodies, if not the *most* important, so it is very important to look after it properly!

Heart disease is the number 1 medical problem in the Western World!



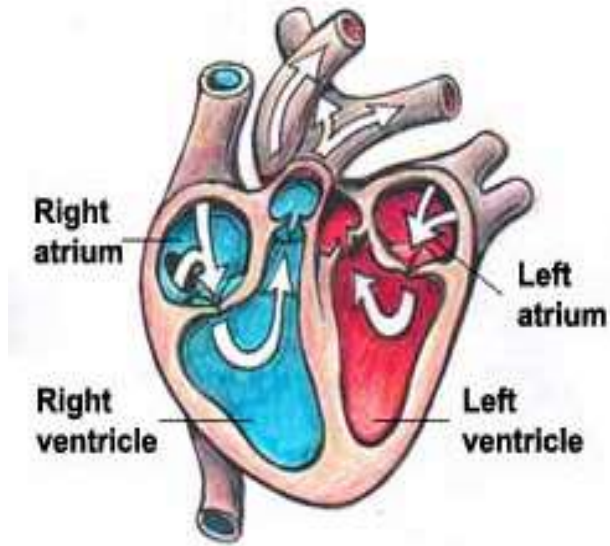
# Why is the heart so important?

With each heart pump, it transports blood and oxygen around your body to all of your organs and muscles. The oxygen is needed to feed your organs and muscles and keep them working. Without the heart to pump blood and oxygen around our body, our organs and muscles would starve and not be able to function properly.

Normally, you can not live for more than 5 minutes if your heart stops beating!

Q: Why does our heart beat faster when we exercise?

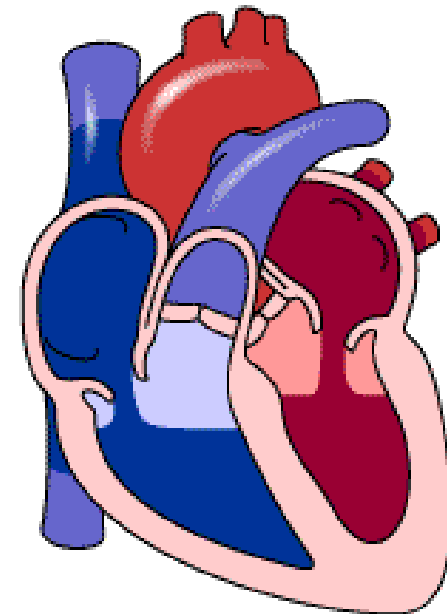
# How does the heart work?



Your heart is divided into the right and left side, each with 2 chambers. This stops the oxygen rich blood (red blood) mixing with the oxygen poor blood (blue blood).

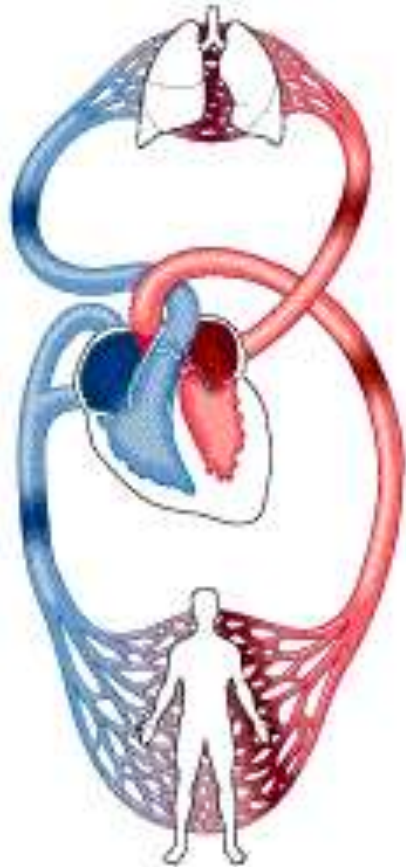
Blood is pushed from the atrium into the ventricle on both sides of the heart, and then pushed around the rest of the body

This is the 'beat' that you can hear in your chest



BBC bitesize: the heart and how it works.

Blood travels around your body in a figure of 8



The left side of the heart gets blood rich in oxygen from the lungs and is **BRIGHT RED** in colour, and pushes it away from the heart. It pumps the blood all around the body through blood vessels called ARTERIES. This blood rich in oxygen feeds your muscles and organs

The right side of the heart receives the blood after the oxygen has been used by your muscles and organs. This blood is a very dark red colour as all of the oxygen has been removed. Instead, this blood carries carbon dioxide. VEINS carry to blood back in to the heart and the right hand side pumps the blood up to the lungs to collect oxygen again



REMEMBER:

**A**rteries

**A**way!

Ve**IN**s

**IN**!

# Independent work:

- Draw a diagram of the heart.
- Label it
- Annotate it with information about the heart and how it works