

Name: _____

Date: _____

The Heart

The heart is a muscle in your chest made up of four chambers: the Right Atrium, the Left Atrium, the Right Ventricle and the Left Ventricle. Your heart is protected by your ribs and pumps blood around your body. This is what happens:

Your blood 'picks up' the oxygen from your lungs and then it travels to your heart. The heart pumps or pushes the blood around your body by using the muscles in its walls. These muscles contract to push the blood around the body. Arteries carry the blood to every part of your body so your muscles and organs can use the food and oxygen to make them work. Veins carry blood back to your heart when all the oxygen has been used so the blood can be pumped back to your lungs again to 'pick up' more oxygen.

Task 1: Complete the following paragraph using the paragraph above to help you.

The heart is a _____ in your chest made up of _____ chambers. The heart is protected by the _____. The heart acts like a _____ pushing blood around the body. This happens because the muscles in the _____ of the heart regularly contract, squeezing out the blood. Blood travels away from the heart in blood vessels called _____ and travels to _____ part of your body. The blood travels through _____ to return to the heart. Blood collects _____ from the lungs then returns to the heart to begin the cycle again.

Task 2: Put a tick () or a cross () next to each of the following lines to show whether they are good or bad for your heart:

1. Walking to the shops
2. Eating lots of sweets
3. Eating fruits and vegetables
4. Playing football
5. Driving to the shops

☐
☐
☐
☐
☐

6. Sitting and watching TV
7. Walking the dog
8. Drinking lots of water
9. Going for a bike ride
10. Playing computer games

☐
☐
☐
☐
☐

Now try to think of **5** more activities; **3** good and **2** bad:

1. _____
2. _____
3. _____
4. _____
5. _____

Task 3: Correctly finish labelling the diagram and colour in the areas of the heart as follows:

RED: the part of the heart containing the most oxygenated blood

BLUE: the part of the heart containing the least oxygenated blood

Use the labels, direction of the arrows and the opening paragraph to help you

