

A healthy heart beats between 60 and 100 times a minute.

Regular exercise will help keep your heart healthy.

Arteries transport blood away from the heart and veins transport blood back to the heart.



ROCKET WORDS

Learn these words and their definitions.

Key Word	Definition
heart	The organ in your chest that pumps the blood around the body.
blood vessels	The tubes through which blood flows around the body.
veins	Blood vessels that carry blood to the heart.
arteries	Blood vessels that carry blood away from the heart.
capillary	A very thin tube which carries blood around the body.
blood	This is pumped by the heart and supplies the body with nutrients and oxygen.
lungs	Two spongy organs inside the chest which fill with air when you breathe in.
oxygen	A colourless gas that exists in the air. Plants and animals need oxygen in order to live.
carbon dioxide	Is a gas produced by animals when they breath out.

We measure our heart rate through our pulse. We record this at beats per minute.

The circulatory system is the system that circulates blood through the body.

It works as a pump forcing blood around the body. The heart is mainly muscle and it works from the moment you are born until death. It works harder when you exercise.

- Deoxygenated blood flows into the heart from the body through veins.
- This blood is pumped out to the lungs through the pulmonary artery.
- Blood returns to the heart through the pulmonary vein.
- The oxygenated blood is then pumped out of the hear through the aorta.
- The blood travels around the body delivering oxygen and nutrients to the organs.

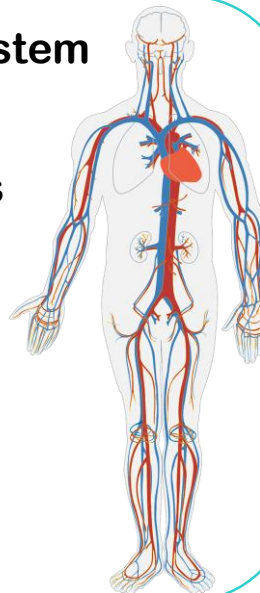
Circulatory System Heart

blood vessels

- arteries
- veins
- capillaries

Blood

- plasma
- red blood cells
- white blood cells
- platelets



Exercise, taking the correct medication, water, hygiene and sleep are all important for maintaining a healthy lifestyle.

Santorio Santorio

29. 03.1561 –
22.02.1636



Italian physiologist, physician and professor who was the inventor of many medical devices. He invented the clinical thermometer in 1612 and a pulse clock in 1602.

