

Nova's Circulatory System Fact-File

Learning objective: Identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood.

Use this fact-file to demonstrate your understanding of how the human circulatory system works. Research the roles of the heart, lungs, and blood vessels to complete each section. Imagine you are explaining this to Nova the Owl so she can understand how humans stay active and healthy!

Word bank: arteries · veins · capillaries · oxygenated · deoxygenated · heart · lungs · nutrients · pump · circulatory system

1. The Role of the Heart: Explain how the heart acts as a pump to move blood around the body. (3 marks)

2. Blood Vessels: Describe the differences between arteries, veins, and capillaries. (3 marks)

3. Gas Exchange: Explain the relationship between the heart, the lungs, and the oxygen in our blood. (3 marks)

4. The Importance of Blood: What vital substances, other than oxygen, does the blood transport to our muscles and organs? (2 marks)

5. Healthy Choices: Max the Monkey wants to keep his heart healthy. Suggest two lifestyle changes that help the circulatory system function well. (2 marks)

Extension challenge: Research how heart rate changes during exercise. Create a simple table showing the heart rate of a person at rest compared to after running for two minutes.