Nova’s Circulatory System Fact-File

Learning objective: To identify and name the main parts of the human circulatory system and explain the functions of the heart, blood vessels and blood.

Help Nova the owl map out how the body works! Use your science knowledge to complete this fact-file. Remember to use the word bank to help you describe the journey of blood through the body. Read each section carefully before writing your answers.

Word bank: heart · oxygen · nutrients · carbon dioxide · arteries · veins · capillaries · circulatory system · pump · lungs

1. The Heart: Describe the role of the heart within the circulatory system. How does it act as a pump for the body? (3 marks)

2. Blood Vessels: Explain the difference between arteries and veins. Where does the blood travel in each type of vessel? (3 marks)

3. The Lungs: What vital exchange happens when blood reaches the lungs? Why is this important for our muscles? (3 marks)

4. Composition of Blood: Besides water, what are the key things that blood transports around the body to keep us healthy? (2 marks)

5. Application: If you were running a race, why would your heart rate need to increase? Explain the link between exercise and the circulatory system. (3 marks)

Extension challenge: Design a 'Blood's Journey' comic strip showing a red blood cell travelling from the heart, to the lungs, and then out to the rest of the body.