

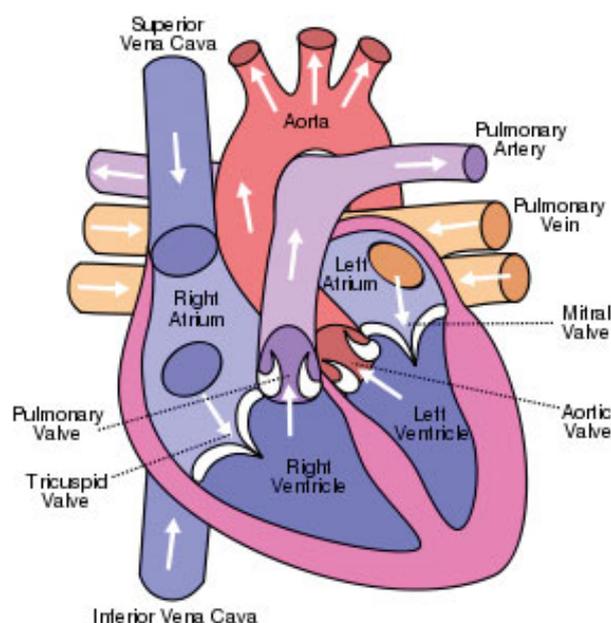
Name: \_\_\_\_\_

Subject: Year 6 Science

Date: \_\_\_\_\_

Sheet: The heart

## The Heart



The heart is a muscular organ found in all animals with a circulatory system.

Your heart is very important, it circulates the blood around your body. You should always try to keep your heart as healthy as possible, avoiding things like cigarettes and alcohol.

Eating a healthy diet and taking regular exercise will help your heart stay healthy.

The heart is made up of 4 chambers. Your blood first enters the two upper chambers and is then pushed by the heart to the lower chambers.

Your blood is then pumped to your lungs where it picks up oxygen before being pumped around the body. This process continues as our hearts beat. As you can see the heart is a very hard working organ.

Your blood is carried around your body through a network of tubes called arteries and veins. Arteries carry blood away from the heart and veins carry it back to the heart.

Your heart is situated behind your ribcage for protection but you can feel the beat of your heart through your pulse. A good place to find your pulse is on your wrist where there is a large artery. If you lightly hold two fingers on your wrist just below your thumb you can feel your heart beat. The average human heart beats at 72 beats per minute. It weighs approximately 250 to 300 grams in females and 300 to 350 grams in males.

Now you know how important a job your heart has to do, you know how important it is to keep your heart healthy.

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Answer the questions below.

**a** Name two things that are bad for the heart.

\_\_\_\_\_ and \_\_\_\_\_

**b** How many chambers does the heart have? \_\_\_\_\_

**c** What are the names of the tubes that carry blood to and from the heart?

\_\_\_\_\_

**d** Name a part of the body where you can take your pulse. \_\_\_\_\_

**e** In what part of the body does the heart pick up oxygen? \_\_\_\_\_

**f** Is exercise good for the heart? \_\_\_\_\_

**g** How do your ribs help your heart?

\_\_\_\_\_

**h** Approximately how much does the human heart weigh?

Females = \_\_\_\_\_

Males = \_\_\_\_\_