



WALT



WALT understand how and why blood travels around our body

- ✓ I know why blood is important.
- ✓ I know what blood vessels are.
- ✓ I know the function of the lungs.

RECAP

What is the circulatory system?

The circulatory system is one of the most important systems in the body. Made up of the heart, blood and blood vessels, the circulatory system is your body's delivery system.

It delivers nutrients, water, and oxygen to your billions of body cells and carries away wastes such as carbon dioxide that body cells produce.



Key questions...

Why is blood important?

What are blood vessels?

How does blood travel around our body?

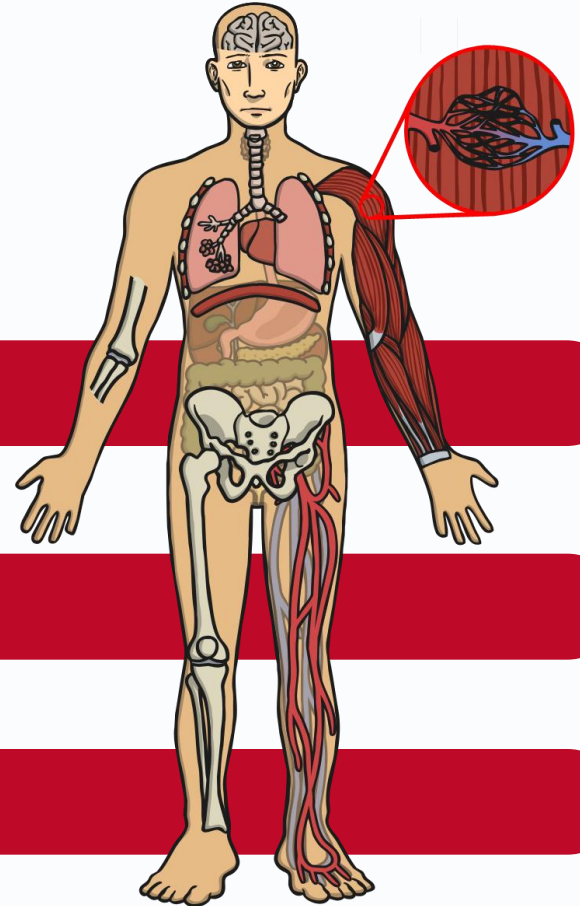
What does blood travel around our body?

What do the lungs do?

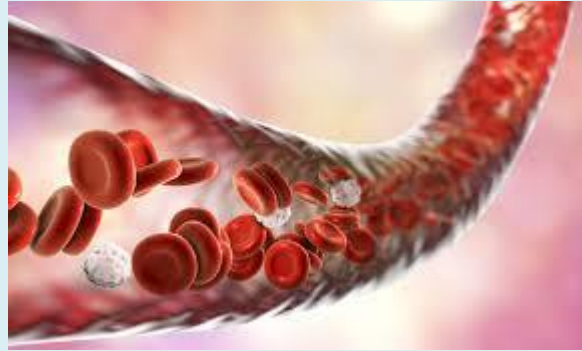
What Is Blood For?

Thanks to all the components of blood (plasma, red blood cells, white blood cells, and platelets) and their functions, we know that blood:

- carries nutrients throughout the body;
- gives oxygen to the body;
- keeps you from getting sick.



What are blood vessels?



Blood vessels are a series of tubes inside your body. They move blood to and from your heart.

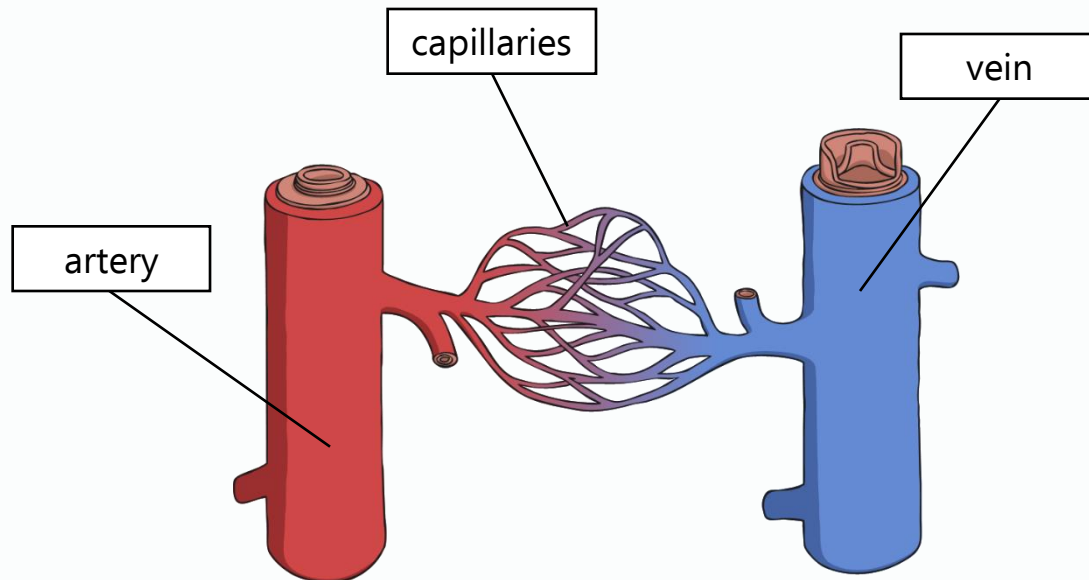
Arteries carry blood away from the heart and transport oxygen and useful nutrients to the body's cells. After the oxygen has been used up, veins take blood back to the heart where it is pumped to the lungs to pick up new oxygen again.

What Blood Vessels Do

Arteries - carries oxygenated blood away from the heart

Capillaries - enable exchange of oxygen with body

Veins - carries blood from capillaries back to the heart to be pumped to the lungs to be re-oxygenated.

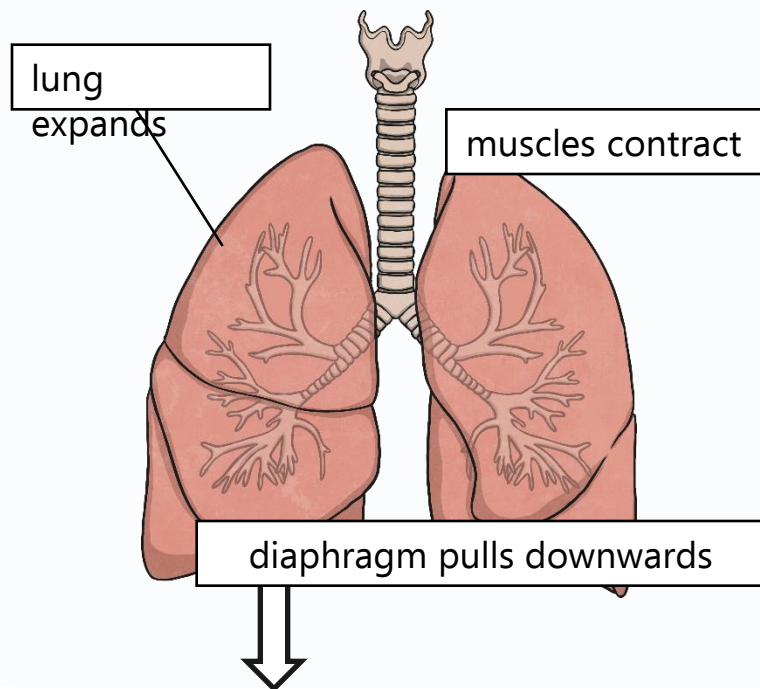


Watch...

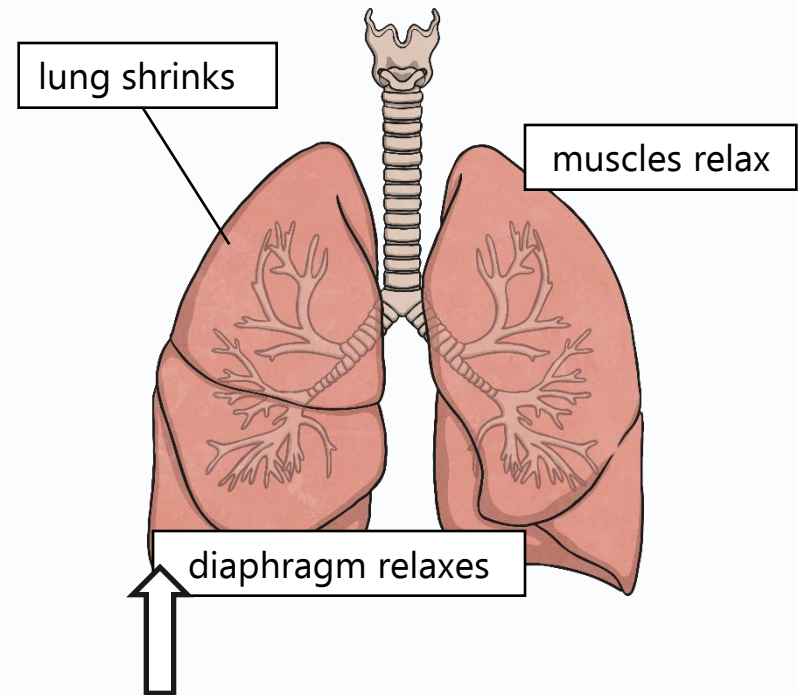
<https://www.bbc.co.uk/bitesize/topics/zwdr6yc/articles/zw8xb82>

The Function of the Lungs

When we breathe in (inhale), the intercostal muscles contract and the diaphragm pulls down, making the chest expand. This causes air to be sucked into the lungs.

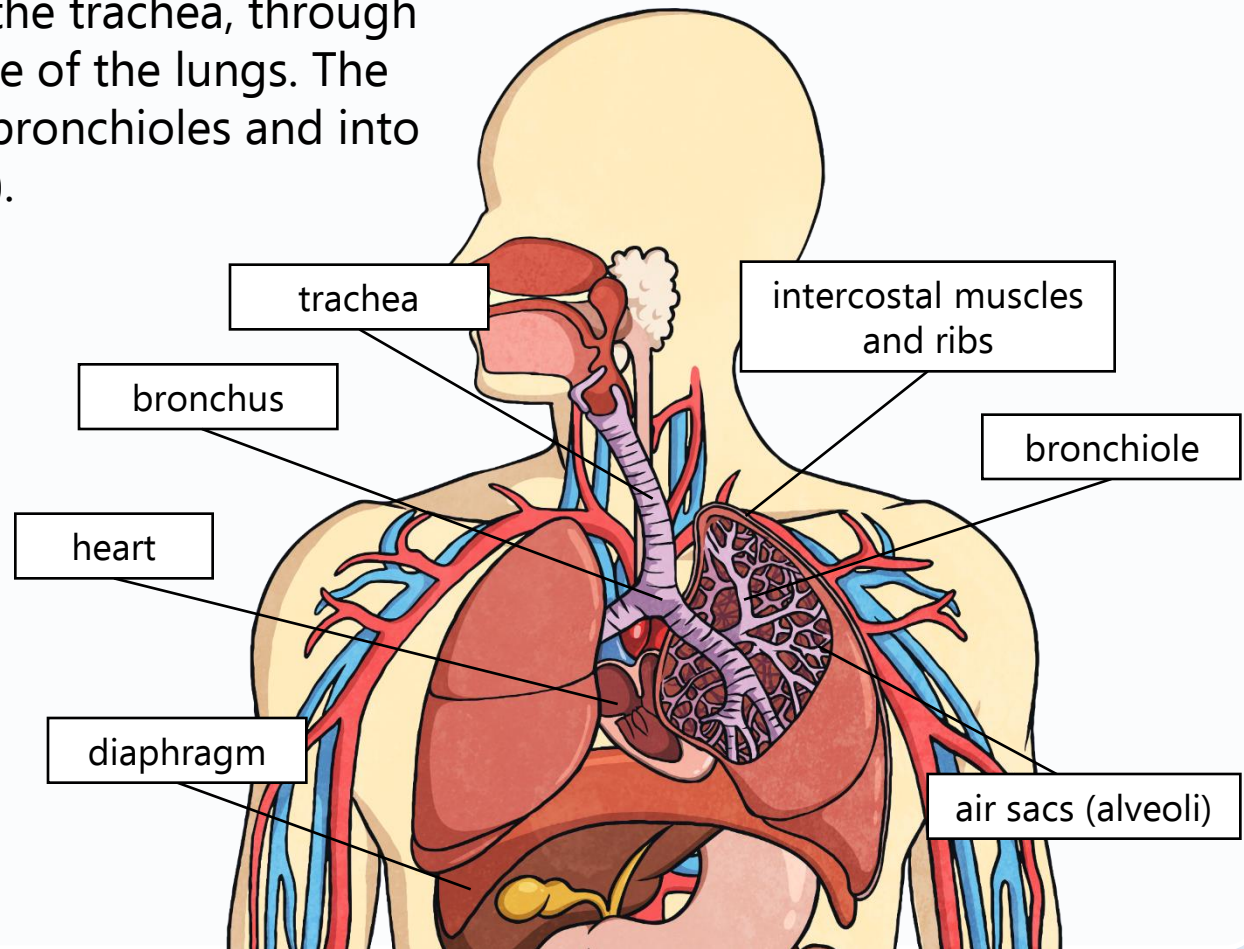


The intercostal muscles and diaphragm then relax and the air is pushed out of the lungs (exhale) as the ribcage falls downward and inhale.



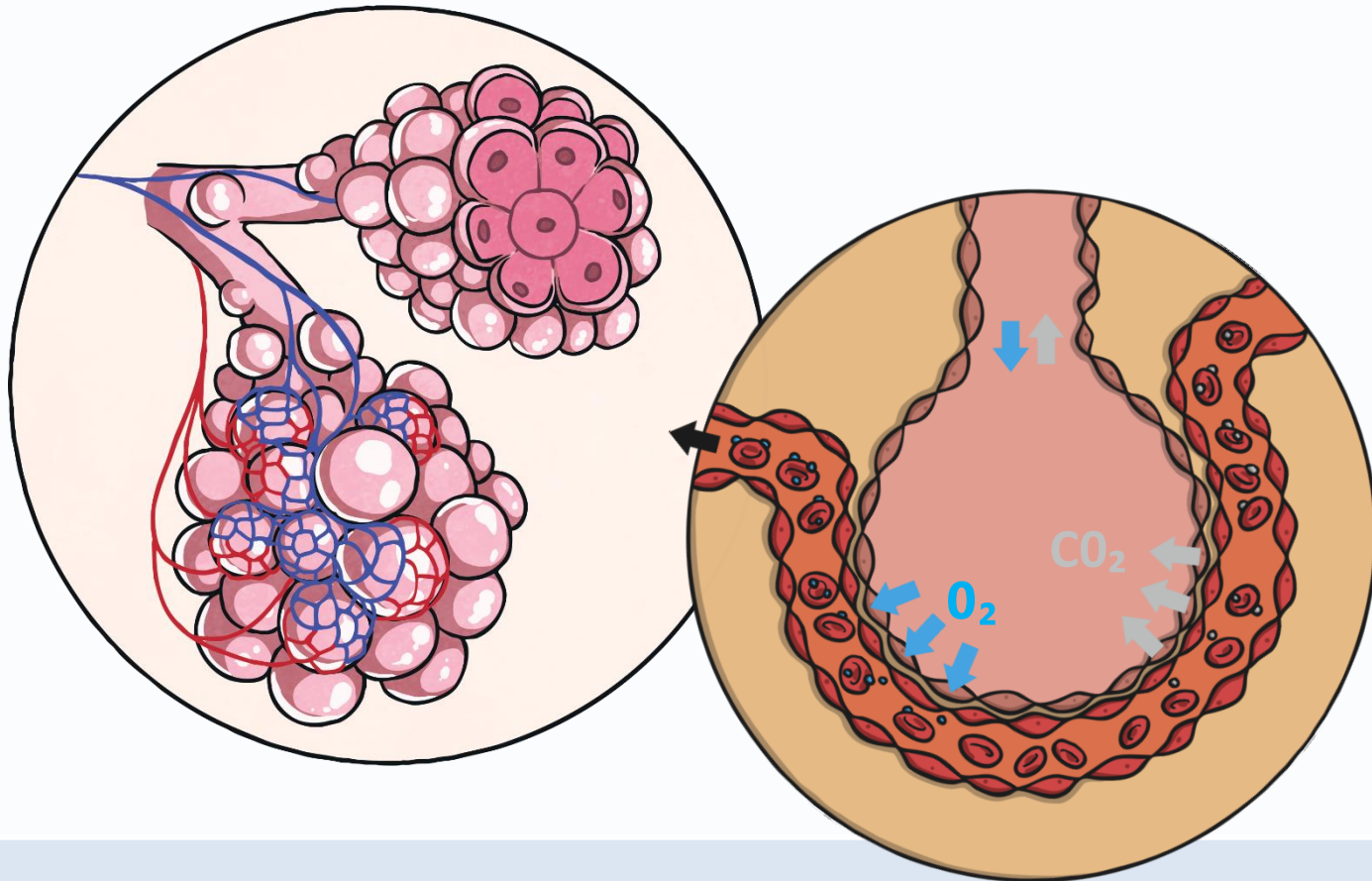
The Function of the Lungs

Air breathed in through the mouth or nose travels down the trachea, through the bronchi into one of the lungs. The air travels into the bronchioles and into the air sacs (alveoli).



The Function of the Alveoli

The oxygen is absorbed into the blood through a layer of moisture in the air sacs (alveoli). Carbon dioxide in the blood is transferred back into the air, which then travels back out of the lungs.



Activity 1

Complete the diagram of the lungs.

Activity 2

Cut the cards out and match the questions to the correct answers.

Key questions...

Why is blood important?

What are blood vessels?

How does blood travel around our body?

What does blood travel around our body?

What do the lungs do?