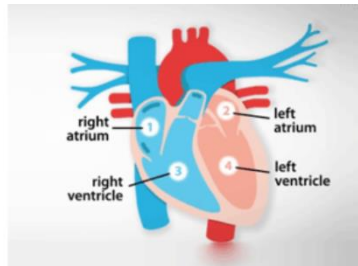


The Heart

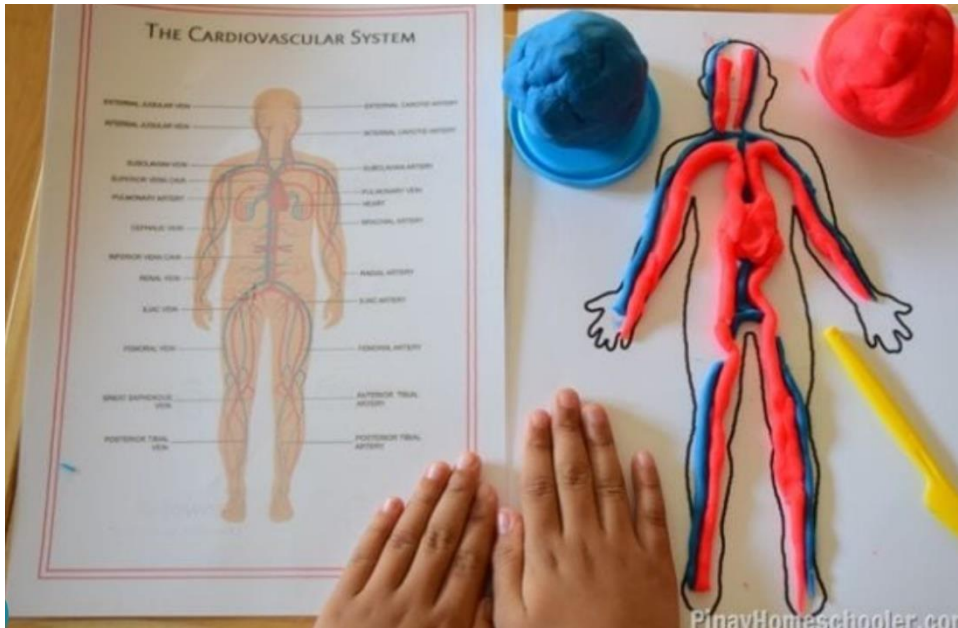


The Science Bit

- The heart is a very strong **muscle**, about the size of your fist found almost in the middle of your chest and slightly to the left.
- It **pumps** all the time and moves about 5 litres of blood constantly around your body using your blood vessels.
- The blood **delivers oxygen** and **nutrients** all over your body to help your organs and muscles to work properly. Your blood also carries **away** unwanted **waste products** such as carbon dioxide.
- The heart is made up of 4 chambers which are separated into left and right hand sides.
- The top chambers are called the **left** and **right atrium**.
- The bottom chambers are called the **left** and **right ventricles**.
- Your heart first pumps blood to your lungs where it collects oxygen from the air that you have breathed in.
- The oxygenated blood then travels back to your heart.
- The heart gives the blood a second push. This time, it's sent all around the body to the various organs and tissues.
- The blood travels back to the heart and it all begins again.

Ideas to take it further

Draw or print off an outline of the human body. Then use blue and red play doh to make arteries, veins and the heart too.



Fun Heart Facts and Information

1. Your heart will beat about 115,000 times and pump about 2,000 gallons of blood every day.
2. The heart can continue beating even when it's disconnected from the body.
3. The fairy fly (a type of wasp) has the smallest heart of any living creature.
4. Whales have the largest heart of any mammal.
5. The giraffe has a lopsided heart, with their left ventricle being thicker than the right. This is because the left side has to get blood up the giraffe's long neck to reach their brain.
6. The beating sound of your heart is caused by the valves of the heart opening and closing.
7. Laughing is good for your heart. It reduces stress and gives a boost to your immune system.