

MY CIRCULATORY SYSTEM

TEAMED UP TO MOVE BLOOD

Introduce students to the circulatory system with this interactive, whole-group activity.

Students Will Learn:

- the parts of the circulatory system
- the functions of the circulatory system

Estimated Activity Time: 35–40 minutes

WORDS TO KNOW

arteries: blood vessels that carry blood away from the heart to the capillaries

blood vessels: tubes that move blood through the body

capillaries: tiny blood vessels that connect arteries and veins; it's here that oxygen is released to cells and where cells release carbon dioxide to the blood

carbon dioxide: gas that people breathe out and cells release

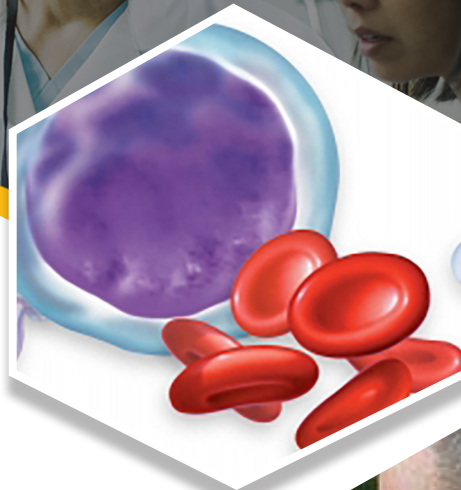
cells: basic unit of life

circulatory system: the body system that moves blood

heart: body part located in the chest between the lungs that pumps blood throughout the body

oxygen: gas that people breathe in and cells take in

veins: blood vessels that carry blood from the capillaries to the heart



Background Information

The circulatory system includes the heart, blood, and a variety of blood vessels. Together, these body parts move blood around the body. Blood carries oxygen and nutrients (food) to cells throughout the body. Then the blood carries carbon dioxide and waste away from the cells.

Materials:

slides 1 and 2 from the Classroom Presentation
one or more copies of the “Circulatory System Cards” printable
scissors

In advance: Copy the provided cards so that each child has one card, making extra copies of card 5 as needed. Cut the cards apart.

Steps:

1. Tell students they will learn that blood moves through the body via the circulatory system. Explain to students that the circulatory system works quickly, so its parts must work together to move blood through the body.
2. Give each child a card. Instruct the student with card 1 (heart) to stand in the middle of the room and read aloud what is written on the card. Explain to students that the heart is the main organ of the circulatory system. It is located in the chest.
3. Invite the student with card 2 (artery) to stand in front of the student from Step 2 and have the student with card 3 (vein) stand to the left of the student from Step 2. Direct the student with card 2 to read the card text aloud, followed by the student with card 3.
4. Lead the student with card 4 (capillary) to stand between the students with cards 2 and 3. Have him read aloud the description from his card. Explain to students that capillaries are the smallest blood vessels, or tubes that move blood in the body. Tell them that arteries and veins are bigger.
5. Instruct the remaining students to stand and read their cards (body cells) in unison. Explain to the class that like these students, body cells are spread out all over the body. The blood has many places to visit each time the heart pumps, which is about 90 times a minute for a seven-year-old child.
6. Have all students take their seats. Then share slide 1 from the Class Presentation. Review with students how the circulatory system works.
7. Share slide 2 to explain why the circulatory system needs to move blood throughout the body.

To wrap up: Direct each student to write in a science journal or on a sheet of paper what he or she learned about the circulatory system.



Too Many Cells

Sometimes there are too many white blood cells in the blood. This can cause a type of blood cancer called leukemia. The Leukemia & Lymphoma Society (LLS) helps patients with blood cancers. LLS gives support as well as helpful information about the disease and how to treat it. It also connects patients with experts who can help them.

Standards Covered:

CCSS.ELA-LITERACY.W.3.2: Write informative/explanatory texts to examine a topic and convey ideas and information clearly.

Circulatory System Cards

<p>I am the heart. I pump blood throughout the body. I move blood with carbon dioxide and waste into the lungs. After the blood gets fresh oxygen and food in the lungs, the blood comes back to me. Then I pump the blood into the body and its millions of cells.</p> <p style="text-align: right;">1</p>	<p>I am a kind of blood vessel called an artery. I move blood from the heart. Many arteries are found in the body.</p> <p style="text-align: right;">2</p>
<p>I am a kind of blood vessel called a vein. I move blood back to the heart. Many veins are found in the body.</p> <p style="text-align: right;">3</p>	<p>I am a kind of blood vessel called a capillary. I connect the arteries and veins. I make sure body cells get oxygen and food from the blood. I also take blood with carbon dioxide and waste back to the heart.</p> <p style="text-align: right;">4</p>
<p>I am a body cell. I take oxygen and food from the blood. I release carbon dioxide and waste back to the blood.</p> <p style="text-align: right;">5</p>	<p>I am a body cell. I take oxygen and food from the blood. I release carbon dioxide and waste back to the blood.</p> <p style="text-align: right;">5</p>
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