Name _____ Date _____

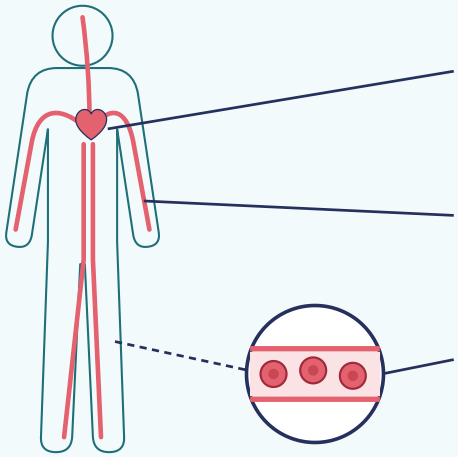
Your body's delivery team

Three parts work together to carry what you need to every part of you.

1 Learn



Every cell in your body needs **oxygen**, **nutrients** and **water**. Your **circulatory system** delivers them, with three parts: the **heart**, the **blood vessels** and the **blood**.



Heart
the pump: it squeezes to push blood round

Blood vessels
the tubes: they reach every part of you

Blood
the liquid inside the tubes that carries oxygen, nutrients and water

Is it part of the team? Ask: does it **pump** blood? Is it a **tube** that blood flows along? Is it **blood**? If all three answers are no, it isn't part of the circulatory system.

Example, the stomach: pump? No. Tube for blood? No. Blood? No. So it is **not** part of it, even though blood flows to it: blood flows everywhere!

Flip's tip: *circulate* means to go round. Your blood never stops: it travels round the same loop again and again.

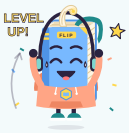
Warm up: name the three parts of the circulatory system.

1 _____ 2 _____ 3 _____

Grown-ups: read Flip's words together. Your child knows the lungs and stomach from earlier years: the three questions show why those belong to other body systems.

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2 Try it together a child and a grown-up, about 10 minutes



Listen in!

You need: a cardboard tube (from kitchen roll) and a quiet room.

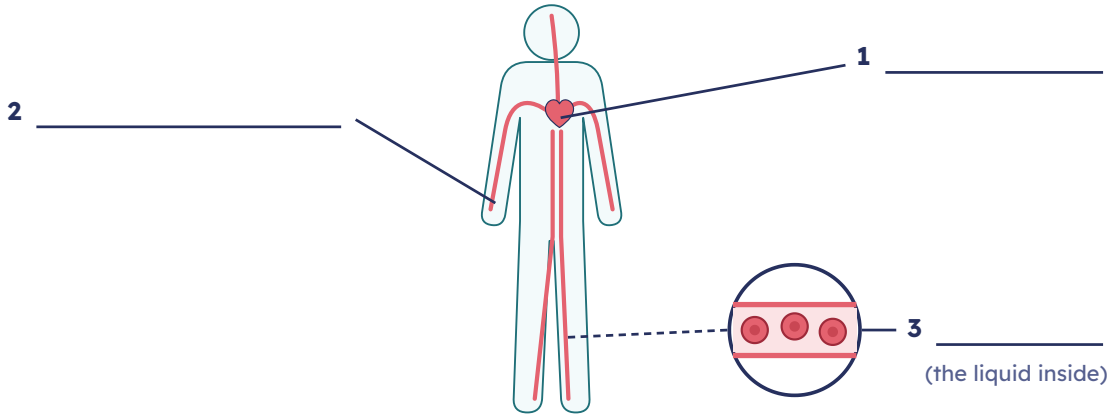
1. Make a fist each. Your heart is about the size of **your own fist**, in the middle of your chest, a little to the left.
2. Take turns: hold the tube gently on the other person's chest, just left of the middle, and put your ear to the other end. Each **"lub-dub"** is one heartbeat.
3. Look for **blood vessels** on the inside of your wrist, your elbow and the back of your hand.
4. Take turns to point to any part of the body. Does blood go there?

Question	What we found
Whose fist (and heart) is bigger?	
What did the heartbeat sound like?	
Where could we see blood vessels?	

Grown-ups: a doctor's stethoscope works like your tube. Ask "Why does blood need to reach your toes?" (Every cell needs oxygen, nutrients and water.)

3 Practise

A. Label the picture. Write **heart**, **blood vessel** or **blood** on each line.



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B. Draw a ring round each part of the circulatory system. Hint: arteries, veins and capillaries are kinds of blood vessel.

heart	lungs	blood	stomach	arteries
brain	veins	skeleton	capillaries	kidneys

C. Draw a line to match each part to its job.

heart	the tubes that blood flows along, to every part of you
blood vessels	the liquid that carries oxygen, nutrients and water
blood	the muscle that squeezes to pump blood round

D. Answer in a sentence.

1. Why is it called the **circulatory** system?

2. Name **two** things that blood carries to every cell.

Challenge

Leo says, "The lungs are part of the circulatory system, because blood goes there." Is he right? Use the question test from page 1 to explain.

I can… Tick when you can.

- [ ] name the three parts of the circulatory system
- [ ] say what the heart, blood vessels and blood each do
- [ ] explain why organs like the lungs and stomach aren't part of it