

What happens to the circulatory system during exercise?

Science - Lifestyle

Miss Hummel



Activity: What are the 3 parts of the circulatory system?

The 3 parts of the circulatory system are:

- _____
- _____
- _____



Answers: What are the 3 parts of the circulatory system?

The 3 parts of the circulatory system are:

- Heart
- Blood vessels
- Blood



Activity: Write each sentence and fill in the gaps.

The _____ is one big _____ that pushes blood to all parts of the body through the _____ vessels.

The blood _____ are _____like structures which allow the blood to travel around the body.



Answers: Write each sentence and fill in the gaps.

The **heart** is one big **muscle** that pushes blood to all parts of the body through the **blood** vessels.

The blood **vessels** are **tube** like structures which allow the blood to travel around the body.



Activity: First, read the text. Then name two substances carried in the blood.

The blood carries important substances like oxygen and nutrients to the muscles. It also takes waste substances like carbon dioxide away from the muscles.

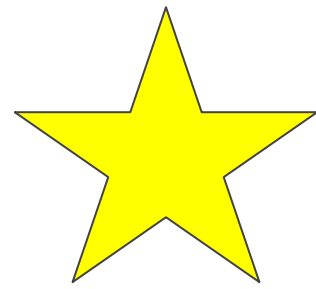


Answers: First, read the text. Then name two substances carried in the blood.

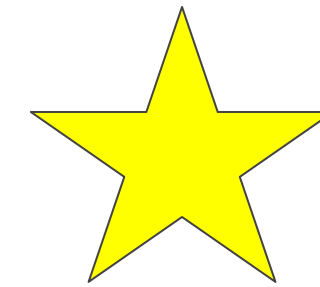
The blood carries important substances like **oxygen** and **nutrients** to the muscles. It also takes waste substances like **carbon dioxide** away from the muscles.



Activity: What happens to carbon dioxide once it is produced in your muscles during exercise?



carbon dioxide

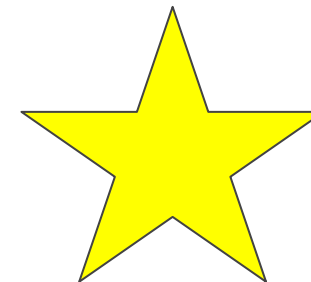


faster

move

release

lungs



Answers: What happens to carbon dioxide once it is produced in your muscles during exercise?

- Needs to be removed
- Heart beats faster
- Makes blood move faster
- Blood transfers the carbon dioxide through the blood vessels
- Carbon dioxide is released through the lungs



Draw this table

	At rest	After star jumps
Heart rate in 30 seconds		



Method

1. Sit still at your desk and take 10 deep breaths.
2. Measure your resting heart rate (how many beats in 30 seconds).
3. Fill in the table (*at rest*).
4. Do as many star jumps as you can in 1 minute.
5. Fill in the table (*after star jumps*).

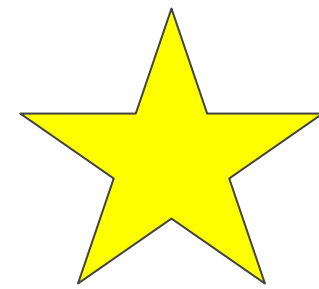


What did you notice about your breathing during and after the star jumps?

	At rest	After star jumps
Heart rate in 30 seconds		

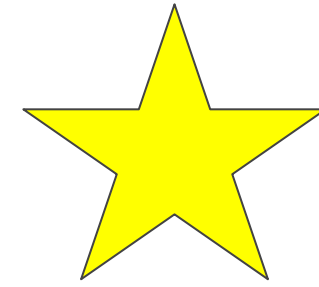


Activity: What is the effect of exercise on heart rate?



increase

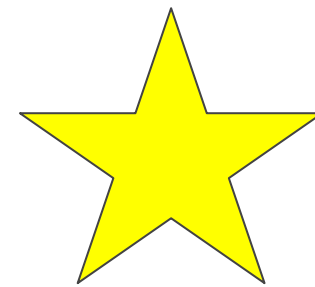
faster



beats

rest

exercise



Answer: What is the effect of exercise on heart rate?

- Heart beats faster
- Makes blood move faster
- Increase in heart rate compared to resting
- Resting heart rate is significantly lower when compared to the measurement after exercise

