

# UKS2 – Lesson Plan 6

## *How does the heart pump blood around our body?*

Aim:	Key Words:	Preparation:
To understand the circulatory system and the function of the heart.	Heart, blood, veins, arteries, circulatory system	<ul style="list-style-type: none"><li>• Diagram of the circulatory system</li><li>• Model or image of the heart</li><li>• Stopwatch for pulse activity</li><li>• Worksheet for labelling</li></ul>

**Prior Learning:** Basic understanding of body organs and their functions.

### Warm-up:

Start by asking children what they know about the heart. Show them where their heart is located and explain that it pumps blood around their body. Let children feel their pulse at their wrist or neck. Ask them what they think the pulse represents.

### Main Teach:

1. **What is the Circulatory System?** Explain that the circulatory system is made up of the heart, blood vessels (veins and arteries), and blood. It carries oxygen and nutrients to the cells in our body. Show a diagram of the system and point out the major blood vessels.
2. **How the Heart Works:** Explain that the heart is a muscle that pumps blood around the body. Describe how blood flows through the heart and how oxygenated blood travels through arteries to the body, while deoxygenated blood returns to the heart through veins.
3. **Pulse Activity:** Use a stopwatch to help children measure their resting pulse rate. Have them do a light activity, like jumping jacks, and then measure their pulse again. Discuss how exercise makes the heart pump faster to deliver more oxygen to the body.

### Activity:

**Create a Circulatory System Diagram:** Children draw and label the circulatory system, including the heart, veins, arteries, and blood. They explain the flow of blood through the heart and body, using arrows to show the path.

### Extension Challenge:

**Heart Health Research:** Ask children to research how to keep the heart healthy (e.g., exercise, a balanced diet, not smoking). They create a fact sheet or poster about ways to protect their heart and circulatory system.

### Plenary:

Review the key parts of the circulatory system and how the heart pumps blood. Ask children to explain how blood moves through the body and what happens when we exercise. Discuss the importance of keeping the heart healthy.

ART	Children create a 3D model of the heart using craft materials, labelling the different parts (e.g., ventricles, atria, aorta).
P.E.	Incorporate a fitness activity, such as a heart health challenge, where children participate in different exercises and monitor how their pulse changes.