

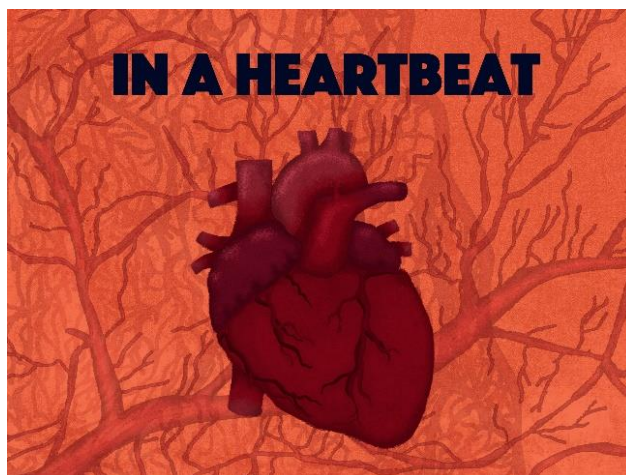
# In a Heartbeat

Join your blood cells on a journey of discovery through the circulatory system! Find out what blood is made of, how blood travels round your body and how circulatory systems in the animal kingdom are different to our own. Learn how to find your pulse and help us conduct a heart rate experiment before finding out how to keep your own heart healthy!

Running time: 60 minutes

Maximum group size: 45 on site  
70 in schools

Suitable for: Year 4 – Year 6



This show contains sections on the following:

1. Blood cells and their functions
2. Heart structure and function
3. The double circulatory system in humans
4. Examples of other types of circulatory systems in the animal kingdom
5. Heart rate and its response to exercise
6. Keeping the heart healthy

## Key stage 2 Science curriculum links

### *Animals, including humans:*

#### Year 6

- identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood
- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function
- describe the ways in which nutrients and water are transported within animals, including humans



## Key stage 3 Science curriculum links

### *Cells and organisms:*

- cells as the fundamental unit of living organisms
- the hierarchical organisation of multicellular organisms: from cells to tissues to organs to systems to organisms

### *Nutrition and digestion:*

- content of a healthy human diet
- the consequences of imbalances in the diet

### *Gas exchange systems:*

- the mechanism of breathing to move air in and out of the lungs
- the impact of exercise and smoking on the human gas exchange system

