

# In a Heartbeat

A fun and interactive show all about the human heart, blood and circulation. It looks at what the heart does and what you can do to keep it healthy. What is your heart rate and blood pressure and how does your

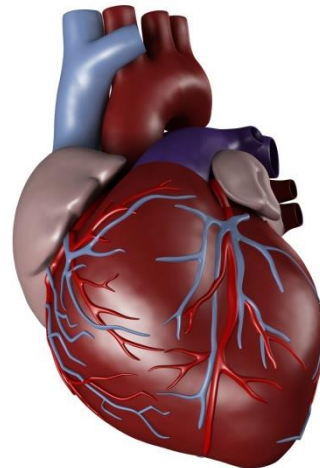
Running time: 50 to 60 minutes

Maximum group size: 120

Suitable for: Year 4 – Year 7

This workshop contains sections on the following:

1. Blood cells and their functions.
2. Why do you need your heart?
3. The circulatory system.
4. Pulse and blood pressure and their responses to exercise.
5. What common diseases are there of the heart?
6. How can you keep your 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

