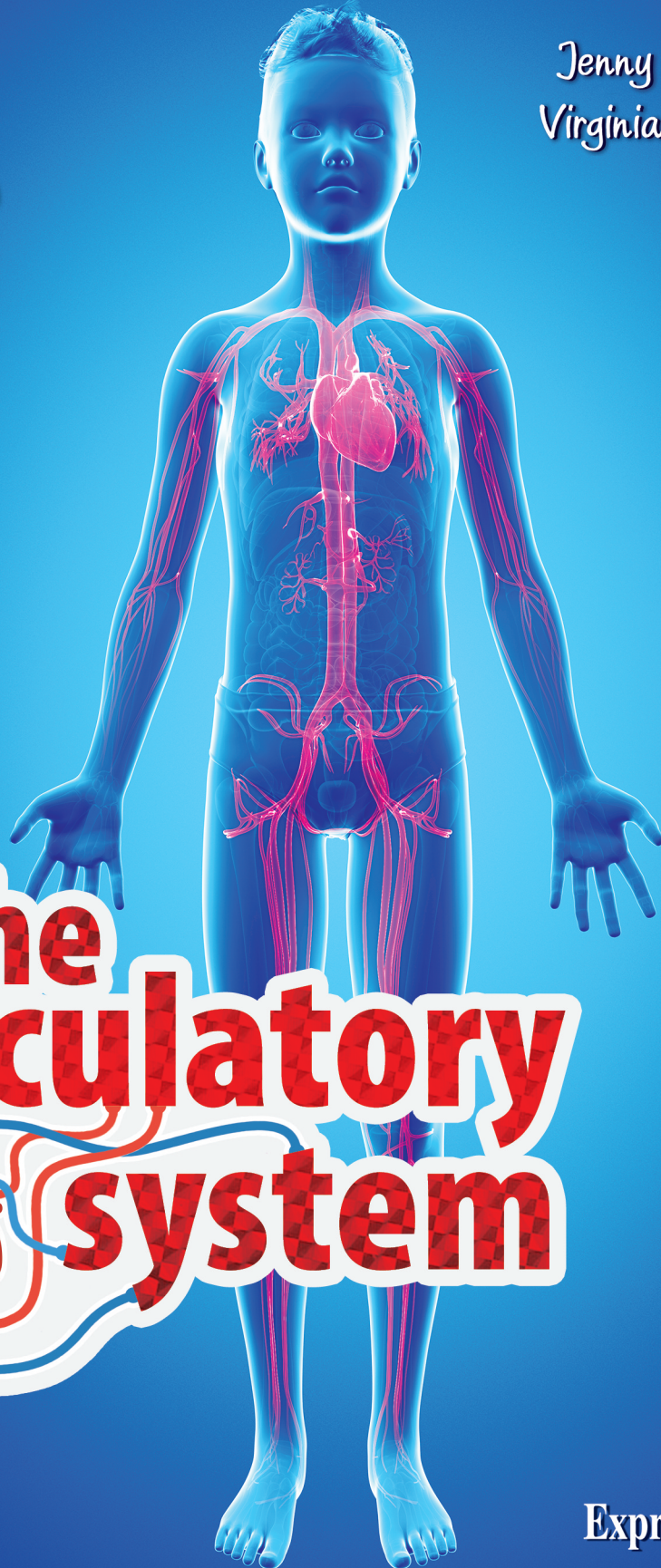


**EXPLORE
OUR
WORLD**
CLIL READERS

Jenny Dooley
Virginia Evans

6



The circulatory system



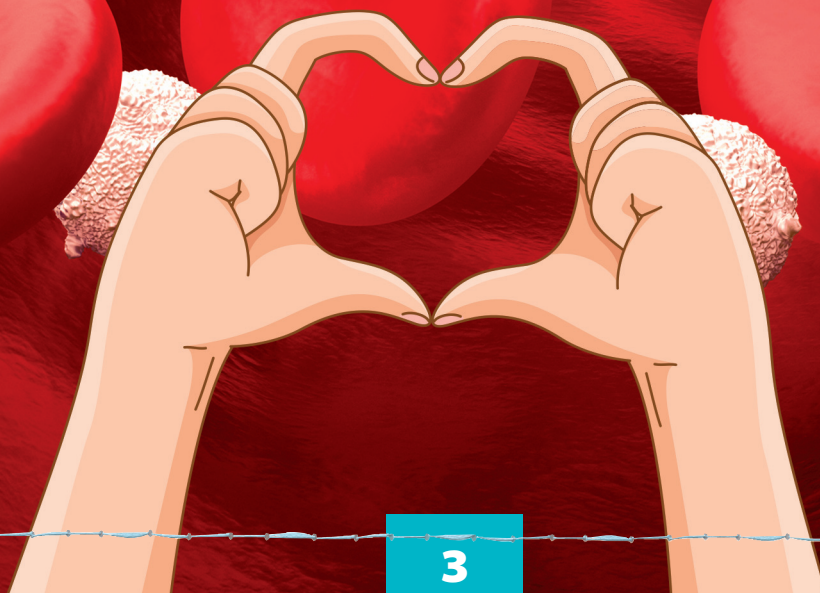
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LET'S START!

All the parts of your body need blood. The movement of blood through your heart and around your body is called circulation. The circulatory system is like a transport system. Every time your heart beats, it pumps blood all around your body. The blood carries oxygen and nutrients to every cell.



Every day, about five litres of blood travel many times through blood vessels that branch and cross in an amazing network that links all the cells of your body together. Let's take a closer look at how the circulatory system keeps you alive and active!





THE HEART OF THE MATTER

You can feel your heart beating every time you put your hand to your chest. But how much do you really know about what is going on inside it? The heart is the most important muscle in your body. It is about the size and shape of a fist and weighs about the same as a lemon. It is in the centre of your chest, a little to the left. Its job is to pump your blood and keep it moving throughout your body. It does this every second of every day, working day and night to keep you alive. Your heart starts beating before you are born and continues for the rest of your life!

The walls of the heart are made of a special type of muscle called the **cardiac muscle**. The cardiac muscle cells allow the heart to keep beating all the time without getting tired. The heart also makes sure that the blood flows in one direction only.

And the really good thing is that you don't actually have to think about making your heart beat. Your brain does the work for you and passes on the message!





DANGER

• High Blood Pressure

Blood pressure is the force of your blood as it pushes against the walls of your arteries. You need to have some blood pressure so that your blood can circulate but, if it is too high, it can cause problems. High blood pressure means that there is higher than normal pressure inside the arteries either when the heart pumps blood through the body or when the heart fills with blood. Although adults are more likely to have high blood pressure, babies, children and teenagers can have it, too! High blood pressure puts you at risk of having a heart attack. It is sometimes called 'the silent killer'. The reason for this is, people often don't realise they have got high blood pressure until something bad happens.

Keeping active, eating a balanced diet and being a healthy weight all help fight against problems with the heart and circulation.

FAST FACT



Garlic is good for people with high blood pressure.

Go to **Activities p.48** ▶

• Take your Pulse!

You can feel your heartbeat by taking your pulse. When you take your pulse, you feel the thump as your heart pumps the blood around your body.



This is how you do it:

- 1** Press the skin on your wrist with your index and middle fingers. Make sure you don't use your thumb – it's got its own pulse!
Can you feel a beat under the skin? This is your pulse.
- 2** Now, keep your fingers on your pulse.
- 3** Count the amount of beats in ten seconds and then multiply that number by 6.
- 4** Now, jump up and down for a while and take your pulse again! Is it slower or faster?



As a child, your resting pulse might range from 90 to 120 beats a minute. As an adult, your pulse rate slows to an average of 72 beats a minute.

Your wrist is not the only pulse spot on your body. There are other pulse spots all over your body.

The circulatory system

Explore our World CLIL Readers are graded readers from levels 1-6. They cover a range of subjects and themes, promoting **Content and Language Integrated Learning (CLIL)**.

The circulatory system (*Science*) examines the wonders of the human anatomy to find out how blood is transported around the body.

- What are the three main parts of the circulatory system?
- What other systems are connected to the circulatory system?
- What is the most important muscle in your body?

Components:

- Reader with DIGI MATERIAL cross-platform application (iOS, Android, Windows, MacOSX)



Level 1
300 headwords



Level 2
450 headwords



Level 3
600 headwords



Level 4
800 headwords



Level 5
1,000 headwords



Level 6
1,200 headwords



CLIL READERS

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