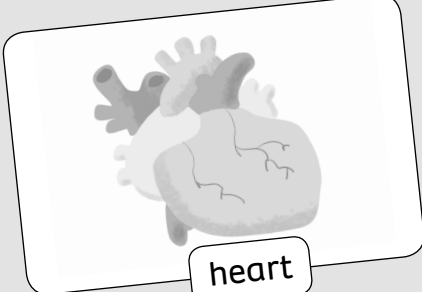



### What does our heart do?


1 Read about our hearts. Then match the questions and answers.



heart



muscles



blood

There are more than 700 muscles in your body. Muscles are in your arms and legs and in your back and face. Your heart is also a muscle but it's different. It's very strong and puts blood round your body all day and all night. When you're excited or scared, your heart puts blood round your body faster. When you exercise, you need more air. Your heart then goes faster. The heart muscle never stops.

- |  |   |
|--|---|
| <p>1 How many muscles are in your body?</p> <p>2 Where do you have muscles?</p> <p>3 What is your heart?</p> <p>4 Is your heart strong or safe?</p> <p>5 What does your heart do?</p> <p>6 When does your heart go faster?</p> | <p>a A big muscle.</p> <p>b It puts blood round your body.</p> <p>c When we're excited or scared and when we exercise.</p> <p>d More than 700.</p> <p>e It's strong.</p> <p>f In our arms and legs, in our back and face.</p> |
|--|---|

2 When do our hearts go faster? Circle *True* or *False*.

- |                              |                     |
|------------------------------|---------------------|
| 1 When we play a board game. | True / <b>False</b> |
| 2 When we're excited.        | True / False        |
| 3 When we go windsurfing.    | True / False        |
| 4 When we're bored.          | True / False        |
| 5 When we skip.              | True / False        |

3 Find a picture of children doing exercise. Stick it on the worksheet. Write what they are doing.



These children are \_\_\_\_\_.

This exercise makes their hearts go \_\_\_\_\_.