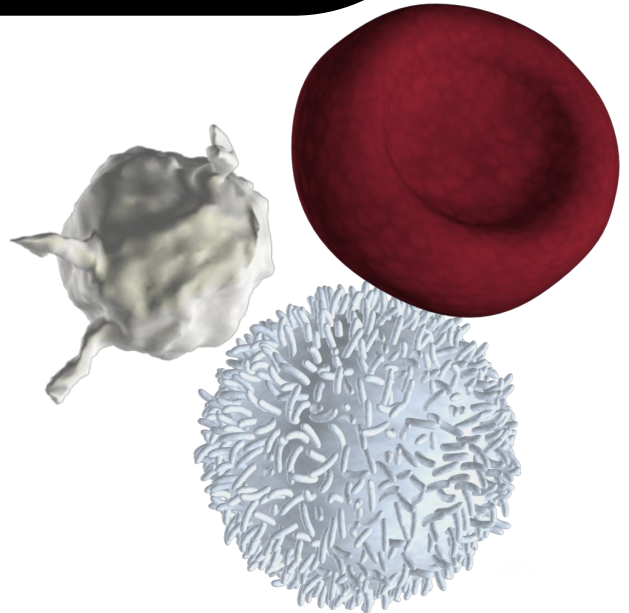
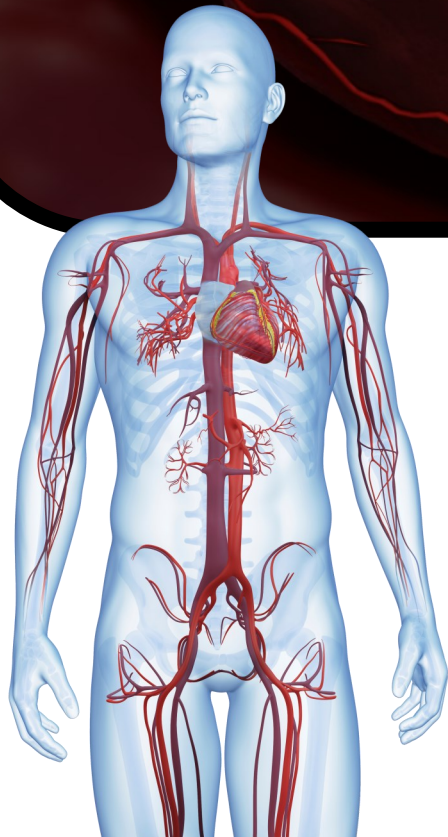
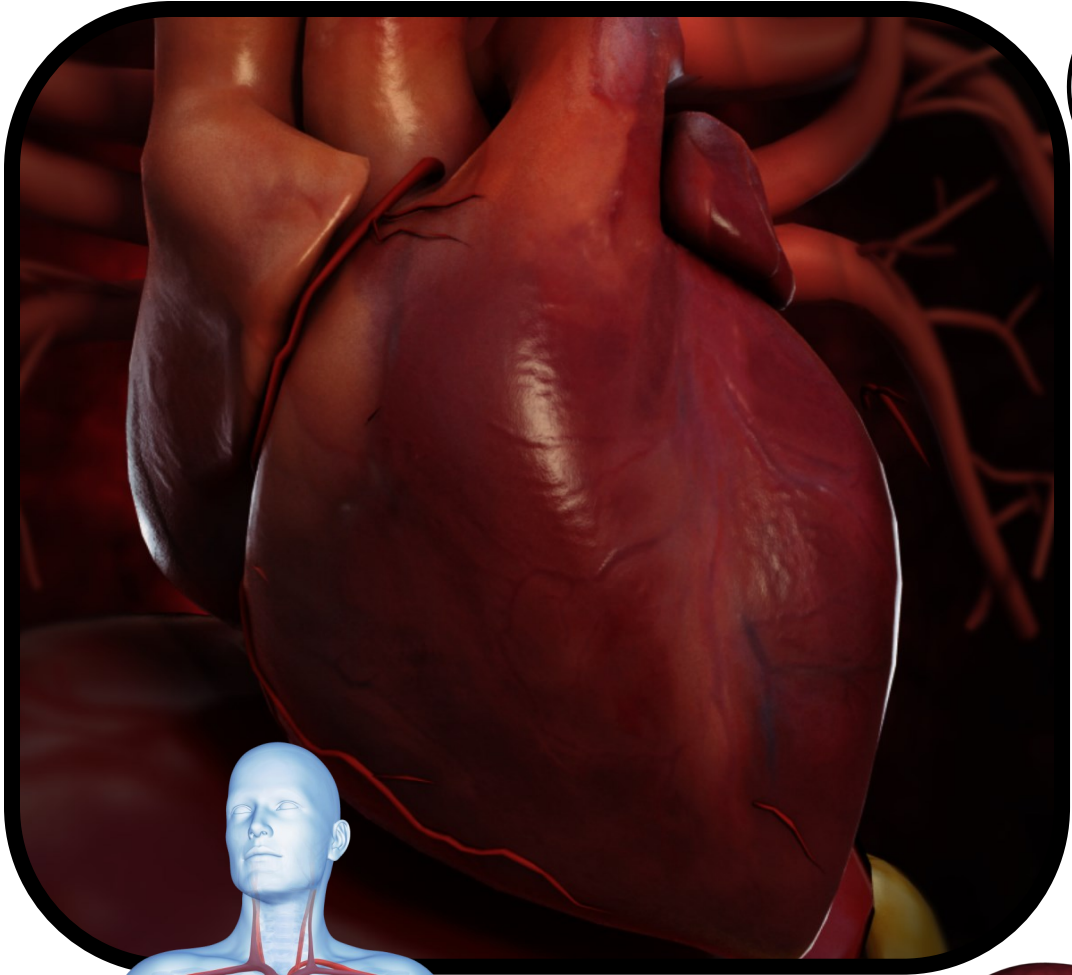




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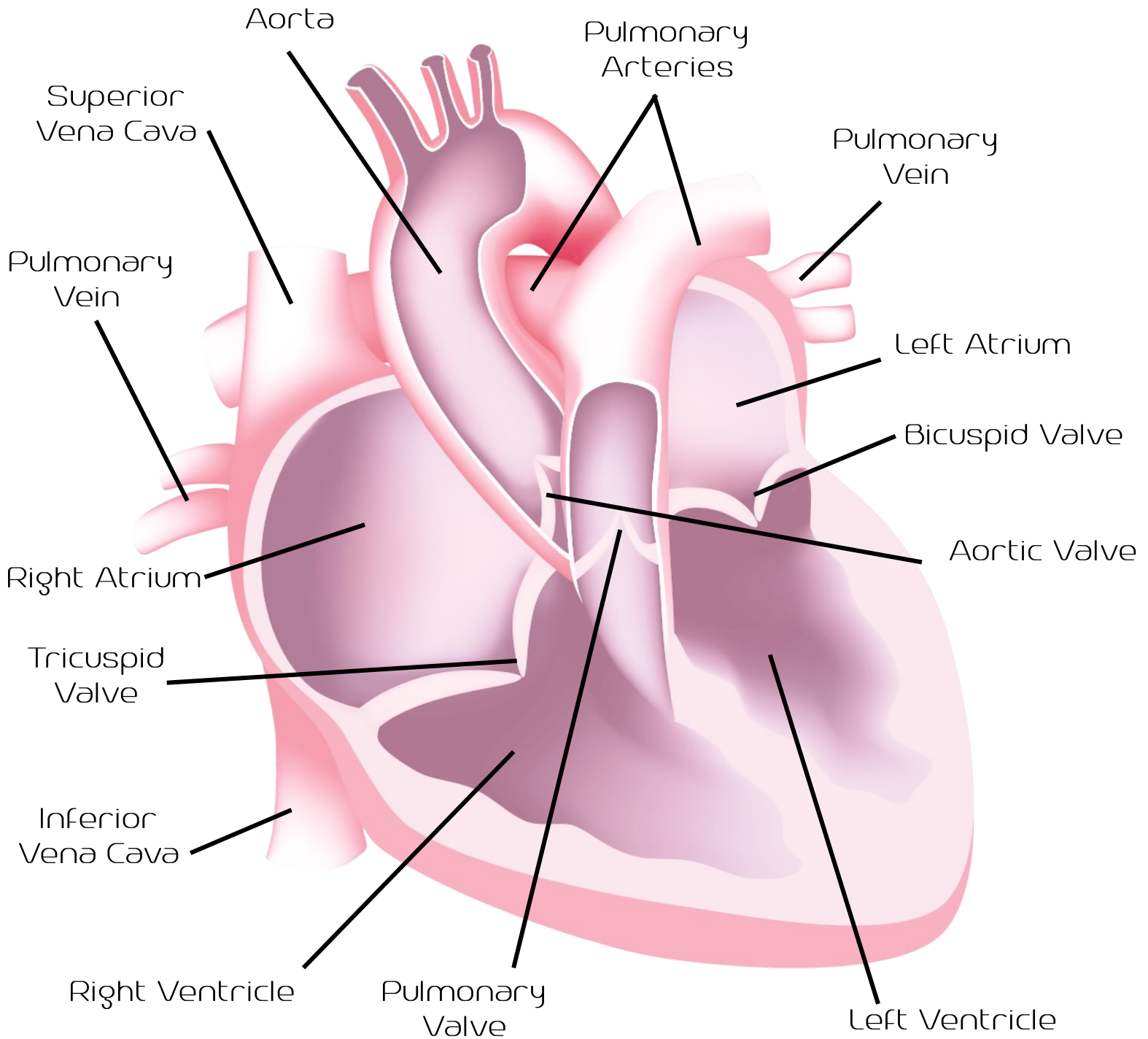
Virtual Heart Journal

Grades
6-8



NAME:

Path of Blood



Oxygen = O_2

Carbon Dioxide = CO_2

Pulse

1. Count your pulse for 1 minute.

Resting Heart Rate: _____ Beats Per Minute (BPM)

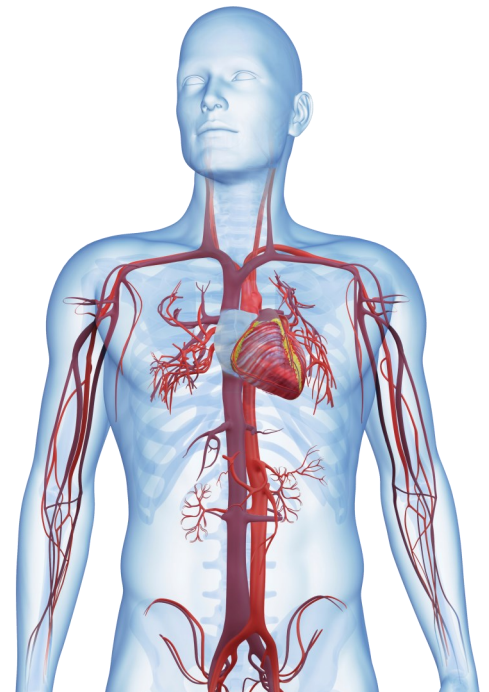
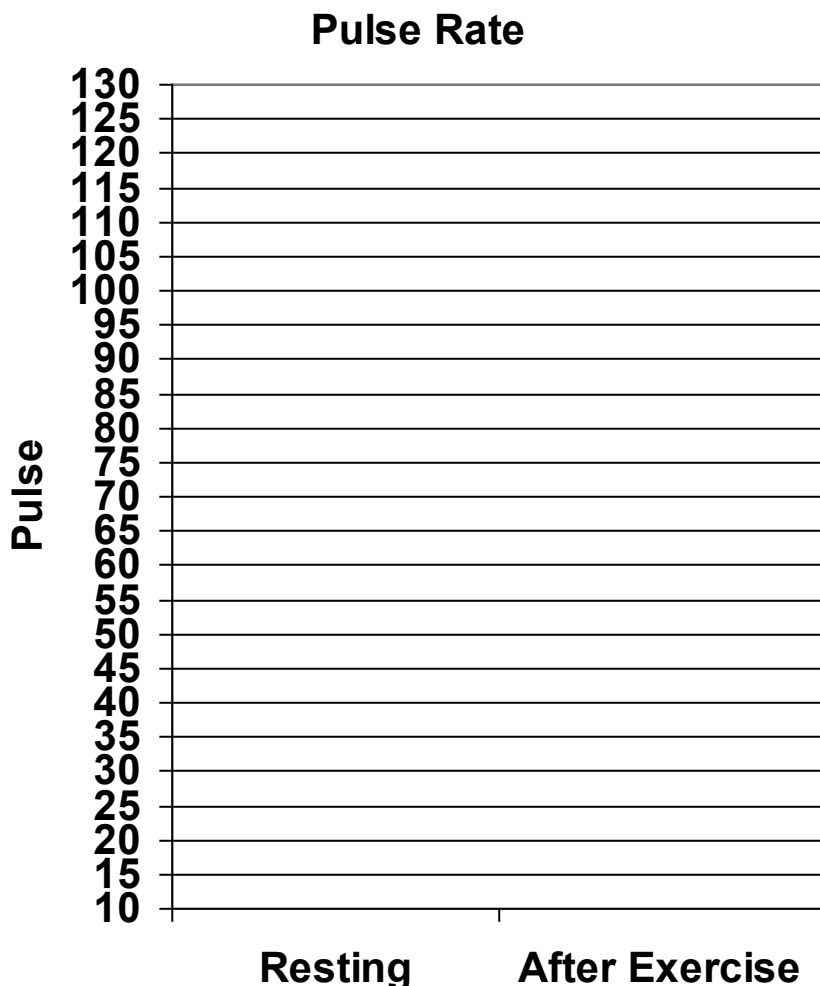
2. Guess how many times your heart will beat after 1 minute of exercise.

Prediction: _____ BPM

3. Exercise for 1 minute, and then count your pulse again for 1 minute.

After Exercise Heart Rate: _____ BPM

4. Create a bar graph showing your BPM before exercise and BPM after exercise. What do you notice?



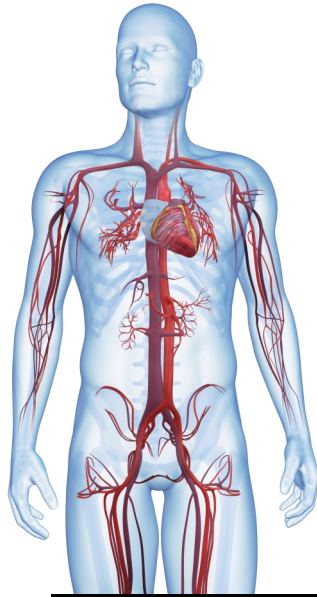
Blood Vessels

Types

Veins

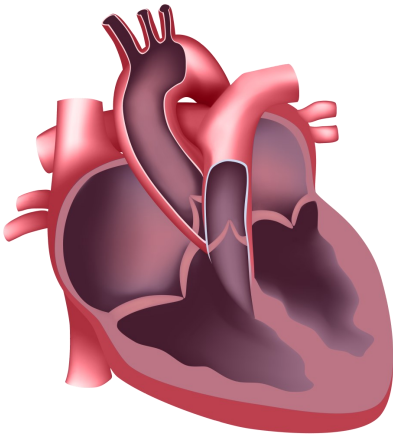
Arteries

Capillaries



Functions

- Connect veins and arteries
- Carry oxygen-rich blood away from heart
- Carry carbon dioxide-rich blood to heart



We can feel our pulse through them, but we can't see them.

Name the vessel: _____

Function: _____

We can see the blood through their walls, but we can't feel them.

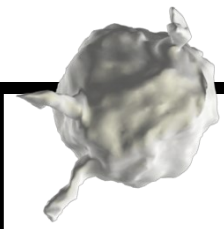
Name the vessel: _____

Function: _____

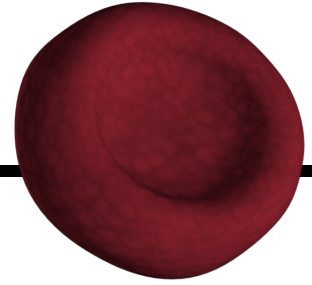
They are the thinnest of blood vessels and branch out to reach all parts of the body.

Name the vessel: _____

Function: _____



Blood



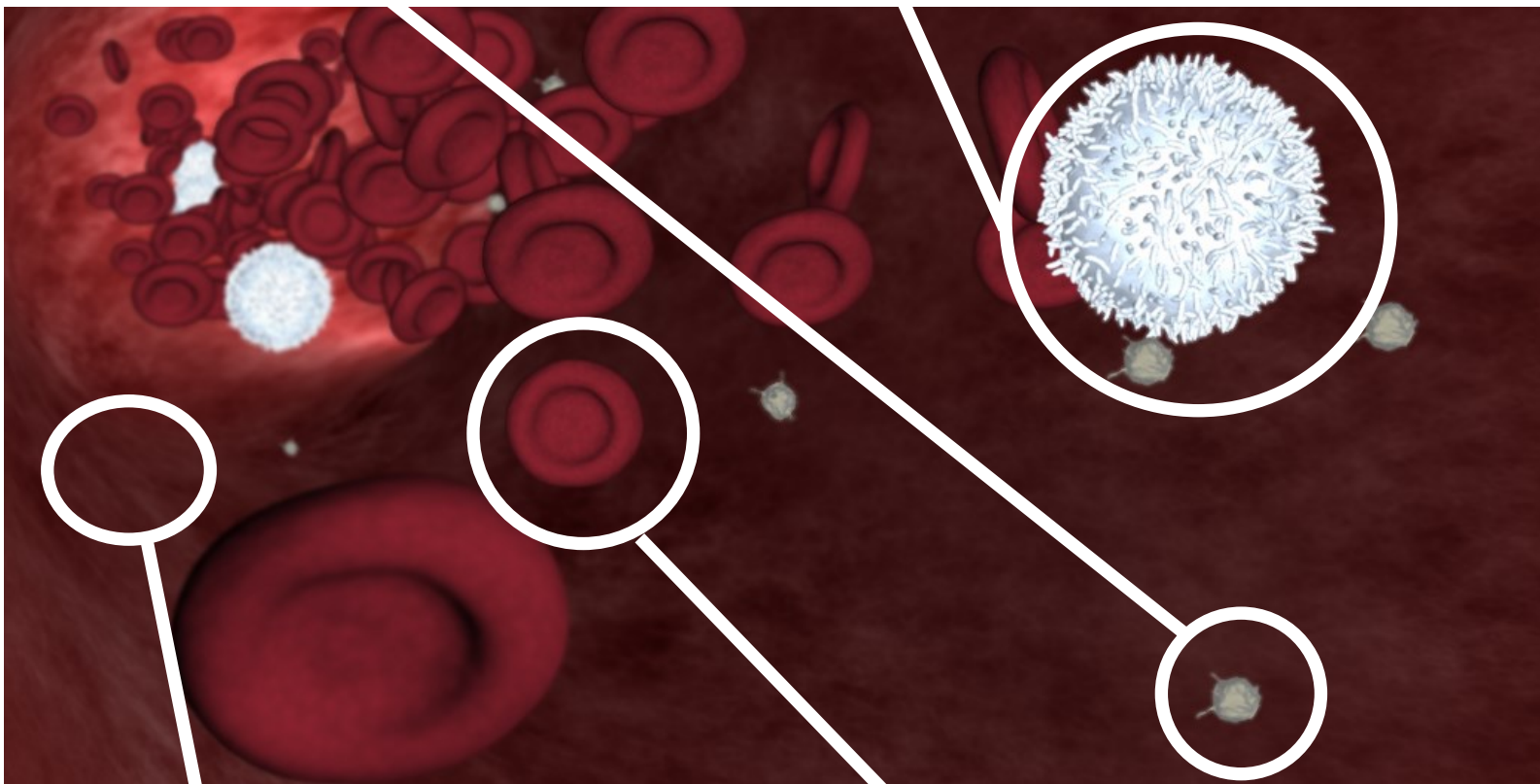
Label each part of the blood in its box, and write down the job that part has.

Name:

Function:

Name:

Function:



Name:

Function:

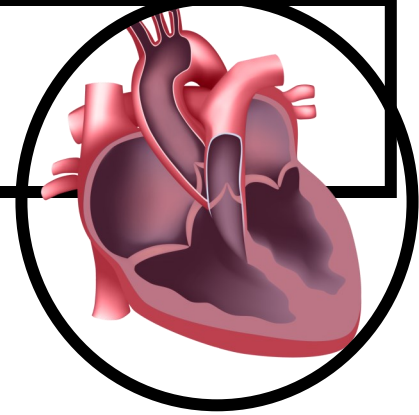
Name:

Function:

- White Blood Cell
- Red Blood Cell
- Plasma
- Platelet

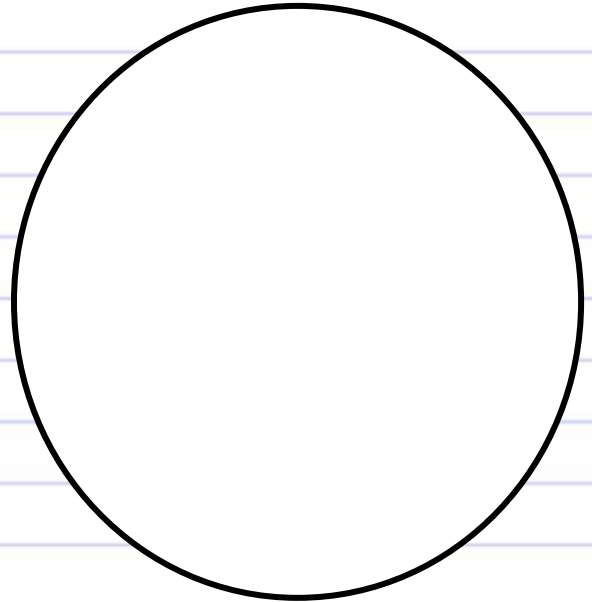
- Carry oxygen to all of the body & carry carbon dioxide to lungs.
- Help the body fight infection.
- Clot the blood.
- Carry blood cells, nutrients, and some CO₂ through the body.

Observations



Answer the following questions after the program in groups, pair-share, or individually.

What were your observations during the heart dissection?



Draw the heart here

What is the job of the heart (how does it keep you alive)?

Why do you think it's important to study the circulatory system?