

## **Circulation Game - Teachers Notes**

### **Preparation**

- Colour print this document. Enlarge with a photocopier if required.
- Laminate the true / false board whole.
- Cut the red and blue sheets into cards and laminate individually.

### **Instructions**

- Split children into groups of six (approx).
- Give each group a True / False board.
- Split each group into two teams and give one team a blue set of cards and the other team a red set of cards all face down
- Each team takes it in turn to turn over one card at a time. The team discusses whether the statement is true or false and then places it on a square on the True/False board.
- The first team to get four in a row wins.

|       |       |       |       |       |
|-------|-------|-------|-------|-------|
| true  | false | true  | false | true  |
| false | true  | false | true  | false |
| true  | false | true  | false | true  |
| false | true  | false | true  | false |
| true  | false | true  | false | true  |

|   |   |  |   |  |
|---|---|--|---|--|
| After exercise your pulse rate stays the same                         | Walking fast increases your pulse rate.                       | Your heart is made from muscle.  | Your veins have a pulse rate.   | The heart has 3 chambers.  |
| Eating a lot of fried foods is good for your heart.                   | Your lungs make the blood circulate around your body.         | Your pulse rate tells you how fast your heart is beating.                          | Smoking cigarettes can cause heart disease.                               | Most peoples resting pulse rate is about 70 per minute.  |
| The sternum and rib cage protect the heart and lungs.                 | Your heart acts like a pump, pumping blood around your body.  | Your heart has two main arteries and two main veins joined to it.                  | The chemicals in smoke can make the walls of the blood vessels sticky.    | Red blood cells in your body fight against disease and infections.                             |
| Your pulse rate increases when you sleep.                             | Your blood gets oxygen from your lungs.                       | Arteries are near the surface of your skin.  | Veins carry blood towards the heart.                                      | Arteries carry blood towards your heart.   |
| Blood in the veins is bright red.                                     | Exercise is important to keep your heart healthy.             | Capillaries are smaller than arteries and veins.                                   | The white blood cells in your body carry the oxygen.                      | When muscles are being used actively they need less oxygen.                                    |
| Eating too much fatty food causes a build up of fat inside the lungs. | Not exercising enough causes the heart muscle to grow strong. | The fitter you are the slower your pulse rate gets back to its resting pulse rate. | After exercising your heart rate gradually gets back to its resting rate. | The heart pumps blood through our body so that every part of our body can get food and oxygen. |
| The left side of the heart pumps blood to the lungs                   | The right side of the heart pumps blood to the body.          | Valves in the heart stop the blood flowing backwards.                              | The heart is made of four muscles joined together.                        | Smoking cigarettes damages the lungs.  |

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