

Fill in the Gaps – Activity – The Heart — Answers

The **heart** is about the size of a fist and is the main organ of the **circulatory** system. It beats around 100,000 times a day and carries blood around the body. The blood delivers **oxygen** and **nutrients** to the organs and takes away **carbon dioxide** and other waste products. The heart is contained in a thin outer lining which is called the **pericardium**. This protects the heart. The middle layer is the **myocardium** and is a thick muscular layer which contracts to squeeze the blood out of the heart. The inner lining is called the **endocardium**.

The heart has four chambers. The upper chambers are **smaller** and are called the **atria**. The lower chambers are **larger** and are called the **ventricles**. The left side of the heart is divided from the right by a thin wall called the **septum**. Blood is received into the **right atrium** from the veins. This blood is **de-oxygenated** and has travelled around the body. It passes through the **tricuspid valve** into the **right ventricle** and the heart pumps this blood through the **pulmonary artery** to the lungs where the carbon dioxide is replaced by oxygen. This blood then travels through the **pulmonary veins** into the **left atrium**. It is then pumped through the **mitral valve** to the left ventricle and blood is then pumped out through the **aortic valve** into the **aorta** and it is carried to all areas of the body.