

Circulatory System – Heart and Blood

- OB13 describe the function and composition of blood, and know that blood contains white blood cells, red blood cells and platelets in a liquid called plasma
- OB14 understand the structure and function of the heart, identify the four chambers of the heart, and explain the difference between the left and right ventricles
- OB15 describe the passage of blood through the heart and lungs via arteries and veins, identify the pulmonary artery and vein, aorta and vena cava, and distinguish between arteries, veins and capillaries
- OB16 demonstrate the effect of exercise and rest on pulse and breathing rate and understand that a balance of each promotes good health
- OB17 recall that the average pulse rate for an adult at rest is 70 b.p.m., and explain why exercise results in increased pulse and breathing rates
- OB18 recall that the normal temperature of the human body is 37 °C, and understand that illness may cause a change in body temperature
- OB19 understand that the products of digestion are absorbed into the bloodstream and are thus circulated around the body

