

Virtual Science Adventure Lab (VSAL) Heart Lesson Summary

Grade Levels: This virtual lesson is appropriate for students in grades K-6

Time Required: 20 minutes

Outcomes and Objectives

Learning Targets

- To understand basic anatomy and functions of the heart
- To understand basic functions of the circulatory system and its importance

Assumptions of Prior Student Knowledge

- Students will have a basic understanding of the heart and how blood flows around the body

Description

In this virtual lesson, students learn about the heart and circulatory system and the role they play. A demonstration with an electrocardiograph (EKG) will show how to measure the electrical activity of the heart. There will also be demonstrations with a plastic model heart and real sheep heart to dive into the anatomy. Students will also hear how healthy habits can support a healthy heart.

Vocabulary

- **Anatomy:** The structure of the human body, animals, and living organisms
- **Circulatory System:** System of organs that move blood around the body
- **Blood:** Body fluid that carries oxygen and nutrients to the cells in the body
- **Heart:** Muscular organ that pumps blood throughout the body
- **Vein:** Blood vessels that carry blood toward the heart
- **Artery:** Blood vessels that carry blood away from the heart
- **Atrium:** The chambers where blood enters the heart
- **Ventricle:** The chambers where blood leaves the heart
- **Heart Valve:** Allows blood to flow in one direction
- **Electrocardiograph (EKG):** Measures electrical activity of the heart
- **Heart Rate:** How many times your heart beats in one minute (60 seconds)
- **Cardio:** Referring to the heart

