

PHYSICAL EDUCATION

Teacher's Guide: GRADE 9

Lesson 2: CIRCULATORY SYSTEM

Pump It Up: Exploring the Circulatory System in Action

Competency

C6.2 Demonstrate fundamental knowledge in physical education.

Element:

Identify the key components of the circulatory system and simulate its process.

Performance Criteria

Name the major parts of the circulatory system (heart, blood, and blood vessels).

Purpose of Activities

Understand the circulatory system

Learning Outcomes:

- Identify the different chambers of the heart and their functions.
- Understand the concept of oxygenated and deoxygenated blood.
- Understand how the heart circulates blood to the body.

Resources and Materials

- Hula hoops, cones, and flashcards (right atrium, left atrium, right ventricle, left ventricle, heart, and lungs).
- Red and blue cards
- Whistle and stopwatch

Implementation Guidelines

Activity 1

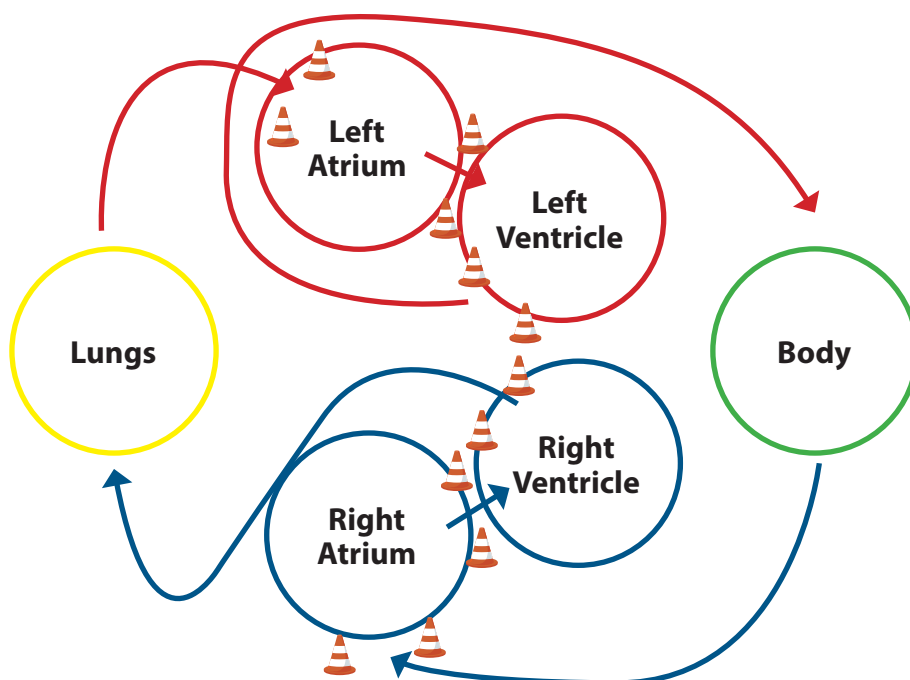
- Introduce the circulatory system using some questions.
 - What do you know about the heart and its function?
 - Show a simple diagram of the circulatory system.
 - Location of the heart, arteries, veins, chambers, and lungs.
- Place 2 cones (A and B) 10 meters apart as shown in diagram 1.
- Divide the class into 2 or 4 groups.
- Students walk or run from A to B by waving their hands representing the oxygenated blood.
- Students walk or run from B to A by slightly bending themselves forward representing the deoxygenated blood.

Activity 2

- Place the cones and the hoops as shown in diagram 2.
- Students walk or run from A to B through the hoops, L to understand the function of the left side of the heart.
- Students walk or run from C to D through the hoops, R to understand the function of the right side of the heart.

Activity 3

- Place the cones and the hoops as shown in diagram 3.
- Guide the students through the circuit as shown in diagram 3 to understand the pathways through the different chambers of the heart.
- Divide the class into two groups.
- Place one group at the lungs and the other one at the body.
- Guide each group simultaneously through the pathways and chambers of each side of the heart.



Flash Cards

Right Atrium

Left Atrium

Right Ventricle

Left Ventricle

Heart

Lungs

The Circulatory System - Worksheet

Name: _____

Date: _____

PART 1 – Match the Parts (Draw a line)

Draw a line to connect the word to the picture or description.

- | | | | |
|-----------|-----------------------|-----------------------|------------------------------------|
| 1. Heart | <input type="radio"/> | <input type="radio"/> | A. Carries oxygen in the body |
| 2. Blood | <input type="radio"/> | <input type="radio"/> | B. Pumps blood |
| 3. Lungs | <input type="radio"/> | <input type="radio"/> | C. Adds oxygen to the blood |
| 4. Vein | <input type="radio"/> | <input type="radio"/> | D. Brings blood back to the heart |
| 5. Artery | | | E. Takes blood away from the heart |

PART 2 – Circle the Right Answer

1. The heart is a:

- ☐ Muscle ☐ Bone ☐ Lung

2. Blood with oxygen is:

- ☐ Red ☐ Blue ☐ Green

3. Blood goes from the heart to the lungs to:

- ☐ get food ☐ get oxygen ☐ get rest

PART 3 – Mini Paper Game: “Oxygen Journey”

Use the arrows (») to draw the path of blood: (Hint words: Vein, Heart, and Artery)

Start at the BODY » _____ » _____ » LUNGS » _____ » BODY

PART 4 – Let's Reflect

1. What part of the body was involved in the game?

2. What happens to your heart when you run?

PART 5 – Blood Circulation**Circulation**

Drag and drop the correct word at the correct place

Left ventricle

Right atrium

Aorta

Left atrium

Capillaries

Lung

Right ventricle

