



Pre-reading work

Match the words to their closest synonym.

valves

force

bulge

secured

pumped

transporting

delivering

swelling

protected

flaps

Skimming and scanning for information

Find the words above in the text below and highlight them.

The Heart

The heart is one of the most vital organs in the body. About the same size as a fist, it is actually a muscle. It sits in the middle of the chest, protected by the ribcage and beats all the time, even when we're asleep.

The heart's main job is to pump blood around the body, delivering the oxygen it needs to keep working. The blood comes in through veins on the right side of the heart and is pumped out into the lungs. There, it is mixed with oxygen, which comes from the air we breathe. From the lungs, the blood goes into the left side of the heart, where it is pumped back out into the body.

When you feel your heart beating, it's actually the squeezing and relaxing of heart muscles that you can feel. Inside the heart, four valves open and close to allow the movement of blood. The regular 'thud' of your heartbeat is made by the valves as they close.

Doctors 'take' or measure a pulse to find out if a patient's heart is beating too fast, or too slow. One way to do this is to press two fingers against the artery in the wrist and count the number of heartbeats (or pulses) that you can feel in a minute. Each beat is a blood pressure bulge from the heart that is carried along the artery.

People used to think that feelings came from the heart, but it is really the brain that controls how fast the heart beats when a person is feeling happy, sad, or scared.

Summarise

Summarise the text in less than **15 words**.

1. Which word in the text suggests that the heart is very important?

1 mark

2. Using paragraph 2, order the journey of the blood.

Blood is mixed with oxygen in the lungs.

Blood goes into the left side of the heart.

Blood comes through the veins.

Blood is pumped out into the body.

Blood is pumped from the right side of the heart into the lungs.

2 marks

3. Find two examples in the text where an apostrophe has been used. Explain the purpose of each apostrophe.

2 marks

4. What does the author compare the heart to so that it is easier for us to understand its size?

1 mark

5. Complete the table below with one piece of evidence from the paragraph to support each statement.

Evidence	
You don't need equipment to measure pulse rate	
The heart never rests	

2 marks

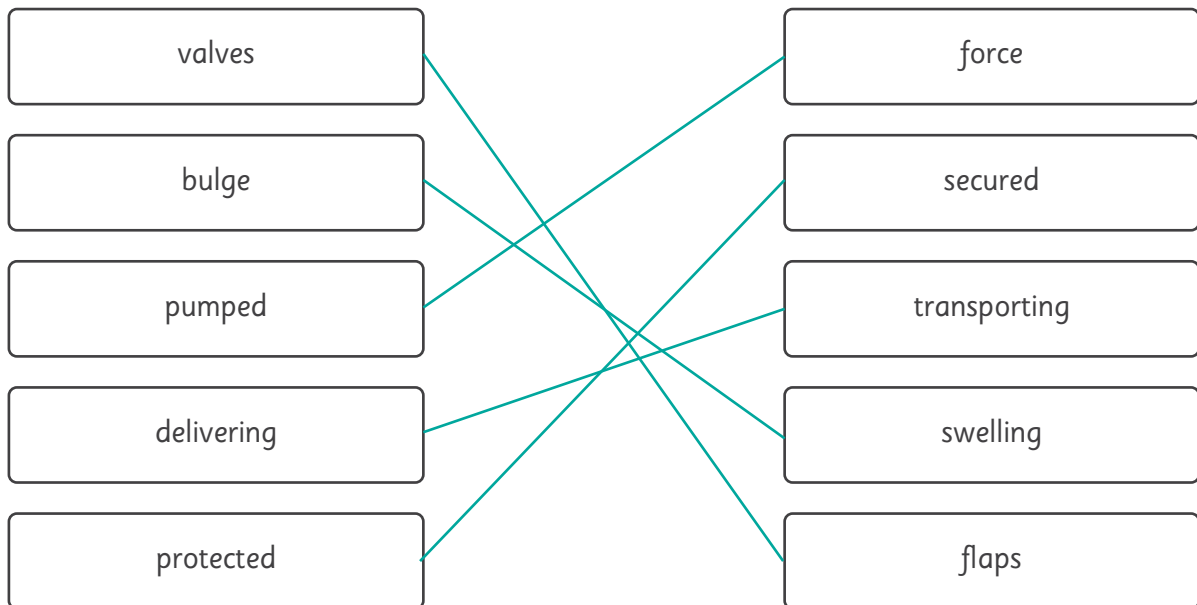
6. According to the text, where does the oxygen in our lungs come from?

1 mark



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The heart is one of the most vital organs in the body. About the same size as a fist, it is actually a muscle. It sits in the middle of the chest, **protected** by the ribcage and beats all the time, even when we're asleep.

The heart's main job is to pump blood around the body, **delivering** the oxygen it needs to keep working. The blood comes in through veins on the right side of the heart and is **pumped** out into the lungs. There, it is mixed with oxygen, which comes from the air we breathe. From the lungs, the blood goes into the left side of the heart, where it is pumped back out into the body.

When you feel your heart beating, it's actually the squeezing and relaxing of heart muscles that you can feel. Inside the heart, four **valves** open and close to allow the movement of blood. The regular 'thud' of your heartbeat is made by the valves as they close.

Doctors 'take' or measure a pulse to find out if a patient's heart is beating too fast, or too slow. One way to do this is to press two fingers against the artery in the wrist and count the number of heartbeats (or pulses) that you can feel in a minute. Each beat is a blood pressure **bulge** from the heart that is carried along the artery.

People used to think that feelings came from the heart, but it is really the brain that controls how fast the heart beats when a person is feeling happy, sad, or scared.

Summarise

Summarise the text in less than **15 words**.

The heart is important. It pumps blood to deliver oxygen. We can measure heart rate.

1. Which word in the text suggests that the heart is very important?

vital

2. Using paragraph 2, order the journey of the blood.

- Blood is mixed with oxygen in the lungs. 3
- Blood goes into the left side of the heart. 4
- Blood comes through the veins. 1
- Blood is pumped out into the body. 5
- Blood is pumped from the right side of the heart into the lungs. 2

3. Find two examples in the text where an apostrophe has been used. Explain the purpose of each apostrophe.

- 1) it's – it is used as a contraction to change it is into it's.
- 2) patient's – to show possession. The heart belonging to the patient.

Other answers include: we're for contraction/ heart's for possession

4. What does the author compare the heart to so that it is easier for us to understand its size?

a fist

5. Complete the table below with one piece of evidence from the paragraph to support each statement.

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You don't need equipment to measure pulse rate	to press two fingers against the artery in the wrist
The heart never rests	beats all the time, even when we're asleep

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