

SEQUENCE & CAUSE

Q4 · Wk1

Grade 5

The Amazing Heart: God's Pump

WISDOM

The heart is God's perfect creation that works continuously to keep us alive.

preceptor reads aloud

DO THIS

► Read the passage carefully.

READ · read carefully — you will answer questions about this

- 1 Your heart is one of the most incredible organs in your body, and it has been working since before you were born. It is a muscle about the size of your fist, and God designed it to pump blood to every part of you. Every single day, your heart beats around 100,000 times without you having to think about it. That's amazing! Unlike your arm muscles or leg muscles, which only work when you tell them to, your heart works automatically, twenty-four hours a day, keeping you alive.
- 2 The job of the heart is to keep your blood moving through your entire body. Blood carries oxygen that you breathe in from the air. Without oxygen, your cells cannot survive. Your heart pumps this oxygen-rich blood through tubes called arteries to your brain, your muscles, your fingers, your toes, and every other part of you. Then your blood collects waste from your cells and travels back to your heart through different tubes called veins. This cycle happens over and over, all day and all night.
- 3 Your heart is divided into four rooms, which scientists call chambers. The two upper chambers are called the atria, and they receive blood from your body. The two lower chambers are called the ventricles, and they pump blood out to your body and to your lungs. These chambers work together like a perfect team, each one knowing exactly when to fill with blood and when to push it along. God created this system so carefully that even doctors are amazed by how well it works.
- 4 When your heart beats, it creates a rhythm that you can feel. If you put your fingers on your wrist or your neck, you can feel your pulse, which is the beat of your heart sending blood through your arteries. Your pulse tells you how fast your heart is working. When

The Amazing Heart: God's Pump

WISDOM

The heart is God's perfect creation that works continuously to keep us alive.

preceptor reads aloud

DO THIS

► Read the passage carefully.

READ (continued) • keep reading

you run and play, your heart beats faster because your body needs more oxygen. When you rest and sleep, your heart slows down. This is how your body takes care of itself.

- 5 Taking care of your heart is one of the best ways to thank God for this amazing gift. You can keep your heart healthy by exercising regularly, eating foods that are good for you, and getting plenty of sleep. When you play outside, run, dance, or ride your bike, you are strengthening your heart muscle. Every time you eat fruits and vegetables and stay away from too many sugary snacks, you are helping your heart do its job better. Your heart has been beating for you every single moment of your life, and it will keep beating as long as you take good care of it.

SEQUENCE & CAUSE

Q4 · Wk1

Grade 5

The Amazing Heart: God's Pump

WISDOM

The heart is God's perfect creation that works continuously to keep us alive.

preceptor reads aloud

DO THIS

► Put the events in order and show what made them happen.

ORDER IT · number the events 1-4 in the order they happened

First, your heart receives blood that has given its oxygen to your cells

Then, the heart pumps oxygen-rich blood from your lungs through arteries to your entire body

Next, your blood collects waste from your cells and travels back through veins

Finally, when you exercise or play, your heart beats faster to send more oxygen to your muscles

CAUSE · why it happened

EFFECT · what happened

RETELL · use the events to retell the story in your own words

SEQUENCE & CAUSE

Q4 · Wk1

Grade 5

ANSWER KEY

The Amazing Heart: God's Pump

WISDOM

The heart is God's perfect creation that works continuously to keep us alive.

preceptor reads aloud

DO THIS

► Put the events in order and show what made them happen.

ORDER IT · number the events 1-4 in the order they happened

1

First, your heart receives blood that has given its oxygen to your cells

2

Then, the heart pumps oxygen-rich blood from your lungs through arteries to your entire body

3

Next, your blood collects waste from your cells and travels back through veins

4

Finally, when you exercise or play, your heart beats faster to send more oxygen to your muscles

CAUSE · why it happened

Your body needs more oxygen when you run and play

EFFECT · what happened

Your heart beats faster

RETELL · use the events to retell the story in your own words
