

2026 PENANG SANGAM PRIMARY SCHOOL
YEAR 7
HEALTHY LIVING
WORKSHEET 3

Strand	Human Growth and Development
Sub Strand	Growth and Changes
Content Learning Outcome	Recognize parts and functions of circulatory system.

The Body's Transport System

How Blood Travels Around the Body

1. Blood travels around the body in tubes called blood vessels.
2. After leaving the heart, blood travels through three kinds of blood vessels:
 - ✓ **Arteries** carry blood away from the heart and into the capillaries.
 - ✓ **Capillaries** are tiny vessels where substances are exchanged between the blood and body cells. Blood flows from the capillaries into veins.
 - ✓ The **veins** carry blood back to the heart.
3. The body's blood flow consists of two loops. In the first loop, blood travels from the heart to the lungs and then back to the heart.
4. In the second loop, blood is pumped from the heart through the body and then returns to the heart.
5. In the first loop, deoxygenated blood flows from the right atrium into the right ventricle, and then pumped to the lungs. In the lungs, the blood picks up oxygen. Blood then flows to the left atrium of the heart.
6. In the second loop, the oxygenated blood moves from the left atrium to the left ventricle.
7. The left ventricle pumps the oxygen-rich blood to the rest of the body.
8. Blood leaves the left ventricle through the aorta, the largest artery in the body. After the blood has travelled through the body, oxygen-poor blood comes back to the right atrium of the heart.

Activity

1. Write down the function of:
 - i. Arteries
 - ii. Capillaries
 - iii. Veins
2. Describe what happens in the first loop.
3. In the second loop, blood is pumped from the _____ through the body and then returns again to the heart.
4. Why is blood carried the lungs?
5. What is the largest artery in the blood called?
6. The _____ pumps the oxygen-rich blood to the rest of the body.