THE MOUTH

* Takes in (breathes) Oxygen, which is the start of the Respiratory System
* *Next*: Oxygen will move through the trachea (airways) towards lungs

SCOOTER EXERCISE: PUSH-UP & TUCK



THE LUNGS

* Exchanges Oxygen and Carbon Dioxide.
* *Next*: After taking in Oxygen, the blood leaves the lungs and goes to the heart (carrying oxygen).

SCOOTER EXERCISE: PULL & PUSH



ALVEOLI

* Oxygen passes through here and enters the blood.
* Oxygen is carried around the body in blood vessels (after leaving lungs and heart).
* Carbon dioxide is released into the air.
* *Next*: Oxygen rich blood is passed through to the lungs.

EXERCISE: Diamond Push-Ups



THE HEART

* Oxygen rich blood enters the heart on the left side, (left ventricle) which comes from the lungs
* *Next:* Oxygenated blood will leave the heart through Arteries to go to the body’s tissues.

SCOOTER EXERCISE: CRAB TUCK





THE ARTERIES

* Arteries carry oxygen rich blood throughout the entire body during the circulatory system.
* Arteries are smaller in size than veins.
* Next: Arteries will carry blood to all the body’s tissues.

EXERCISE: JUMPING JACKS & HOOP CRAWL

THE VEINS

* Veins carry blood without oxygen back to the heart.
* Veins are bigger than arteries.
* *Next:* The body will prepare to exhale in order to release carbon dioxide from body.

SCOOTER EXERCISE: CRAB LEG CIRCLES



THE MOUTH

* Carbon Dioxide will exit the body through the mouth to complete the respiratory cycle.
* *Next:* The cycle starts over every time you take a new breath.

SCOOTER EXERCISE: PLANK EXCHANGE