



# Magdalen Court School

Edexcel GCSE

Physical Education

## 3 – Cardiovascular System Work Sheet



1. What are the 2 parts of the cardiovascular system?

a.

b.

2. What are its 3 functions?

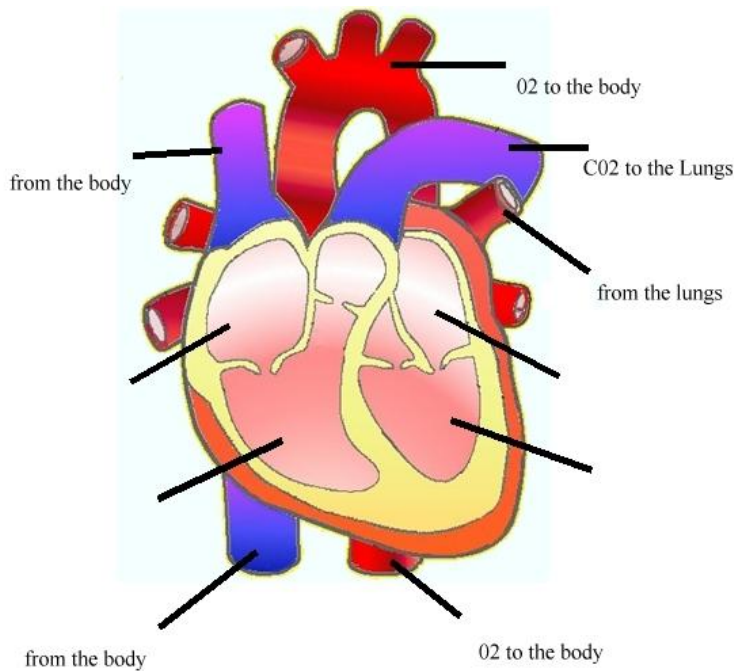
--	--	--

3. What is the hearts purpose?

4. How do the sections of the heart function?

5. What part do valves play in the heart?

6. Label the diagram



7. Describe the journey of blood through the heart?

I	II	III
IV	IIV	IIIV



# Magdalen Court School

Edexcel GCSE

Physical Education

## 3 – Cardiovascular System Work Sheet



8. Explain the following terms

Large Arteries	Arterioles	What type of blood returns to the heart?
Capillaries	Venules	Veins

9. So what is the difference between Arteries & Veins?

10. What are the 4 components of blood? & what do they do?


11. What causes blood pressure?

12. What is 'systolic pressure'?

13. What is 'diastolic pressure'?

14. Poor diet & lack of exercise can lead to?

- a. What happens to the arteries?
- b. What effect does this have on their heart?
- c. What might be the result?

15. With fitness & training the heart becomes stronger in 4 ways?