

Circulation Orienteering Challenge

- Below are all the different stages in the journey that blood makes as it circulates around your body.
- The first stage on the journey has a number 1 next to it.
- You have to look at all the other stages and put them in order.
- Put a 2 next to the 2nd stage on the journey.
- Now run to the control point and look at the control marker number (1st, 2nd, 3rd or 4th number). If it is a number 2, you were correct.
- Now decide which stage is the 3rd stage on the journey. Put a number 3 next to this.
- Now run to the control point and check with the control marker number. If it is a 3, you were correct.
- Carry on until you have numbered all the stages in the correct order.

Stages	Number the events in order – 1,2,3 etc.	Control point	Check with the number on the control marker
Your heart pumps blood to your lungs.	1		
The blood travels back through your veins, to your heart.		5	3 rd Number
Blood, carrying oxygen, travels back to your heart.		8	3 rd Number
Capillaries deliver oxygen to your organs and tissues and collect carbon dioxide and waste products.		7	4 th Number
Blood collects oxygen from the air you breathe in and drops off carbon dioxide, which you breathe out.		14	2 nd Number
Your heart pumps the blood back to your lungs and the cycle begins again.		6	1 st Number
Your heart pumps oxygenated blood through your arteries, all around your body to your capillaries.		1	3 rd Number

