



Unit 1 /The Human Body

Name :

Subject:

The Respiratory System

Class:

Fifth Grade

Date:

*The respiratory system is made up of organs that work together to allow gas exchange between the atmosphere (air around us) and the body.

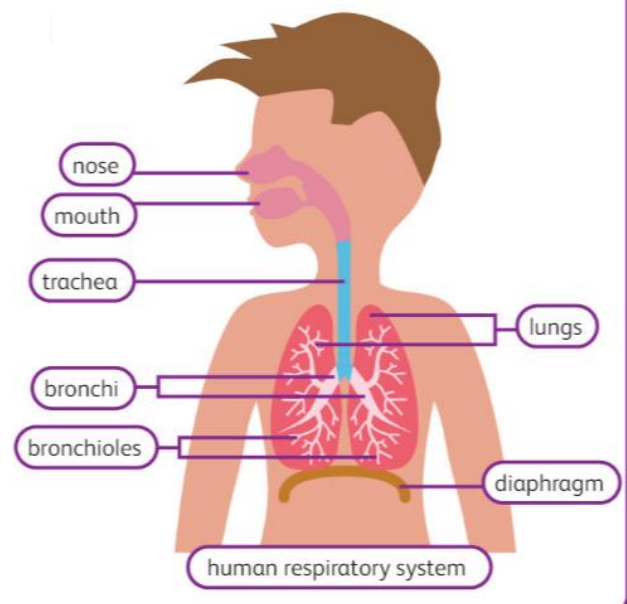
*In humans we call this gas exchange **breathing**. It helps us get oxygen from the atmosphere and pass it to the blood.

*In humans and many vertebrates, there are three parts to the respiratory system:

1-Windpipe(trachea), bronchi and bronchioles mouth and nose to the lungs.

2-Two lungs.

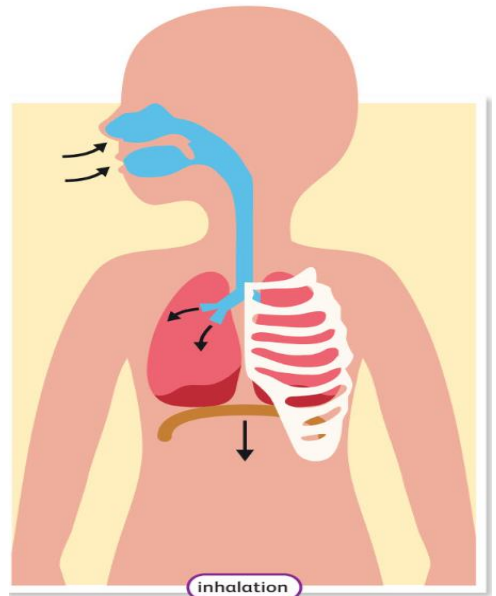
3-Diaphragm: muscles in the chest that allow air to move in and out of the lungs.



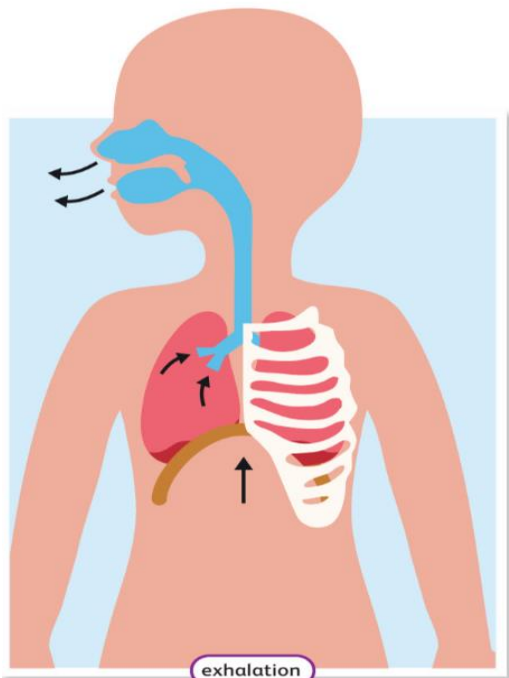
Breathing

As you **inhale (breath in)**, your diaphragm muscles contract (get smaller), and moves down. Your ribs lift up and out. This gives your lungs space to fill up with air. Oxygen from the air passes into your lungs, and into the bloodstream.

The volume of air that your lungs can hold is called your **lung capacity**.



As you **exhale (breath out)**, your diaphragm muscles relax and moves back up. Your ribs move in. This makes your chest smaller and pushes air out of your lungs. This includes the wastes gas, carbon dioxide.



*The two -stage process of breathing is called a **complete breath**.

*Your **breathing rate** is the number of complete breaths you take in one minute.