

THE HUMAN CIRCULATORY SYSTEM

El Sistema Circulatorio Humano | Classroom Reference Poster & Cheat Sheet

Kardiology for Kidz • Authored by Saisha Srivastva (Katy, TX)

1. Oxygen Transportation Highway (El Recorrido del Oxígeno)

[O2-Rich] Oxygen-Rich Blood (Sangre Oxigenada)	[O2-Poor] Oxygen-Poor Blood (Sangre Desoxigenada)
• Fresh oxygen enters blood inside your lungs. • Travels into Left Atrium -> Left Ventricle. • Pumped through the Aorta out to your brain, muscles, and organs!	• Used blood returns from body into Right Atrium. • Passes down to the Right Ventricle. • Pumped to lungs to release CO2 and pick up fresh oxygen!

2. Understanding Blood Pressure (Presión Arterial)

Blood pressure is the force of circulating blood against vessel walls measured as two numbers (e.g. 110/70 mmHg):

Systolic Pressure (Top Number): The peak pressure created when the Left Ventricle contracts and squeezes blood out.

Diastolic Pressure (Bottom Number): The resting pressure in arteries between heartbeats while the heart refills.

Normal Healthy Range: Children: < 110/70 mmHg | Adults: < 120/80 mmHg

3. Pulse Checks & Heart Rate Guide (Cómo Medir el Pulso)

Age Group	Resting Pulse Range (bpm)	Active Exercise Target (bpm)
Children (Ages 6-11)	70 - 110 bpm	120 - 160 bpm
Teens (Ages 12-17)	60 - 100 bpm	110 - 150 bpm
Adults (Ages 18+)	60 - 100 bpm	100 - 140 bpm

4. Amazing Heart Science Facts (Datos Curiosos del Corazón)

- * **100,000 Beats/Day:** Your heart pumps about 2,000 gallons of blood every single day!
- * **60,000 Miles of Vessels:** If stretched out, your blood vessels would circle the Earth twice!
- * **Size of a Fist:** Your heart is roughly the same size as your closed fist!