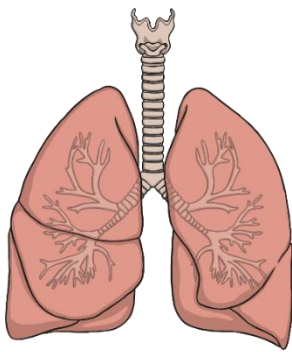


Thursday PM PE fact sheet

The heart and the lungs are both vital organs.

The Lungs

The lungs breathe in air and put the oxygen from the air into your blood. They breathe out carbon dioxide. Hardworking muscles use more oxygen. That's why breathing gets heavier during exercise.



The Heart

The heart pumps blood around the body to carry oxygen and other important things that the body needs.

