



Cornerstones

Heart and circulation

[What's inside a heart? Heart Dissection – At-Bristol Science Centre on YouTube](#)

In this four-minute video, Ross Exton dissects a pig's heart and explains some of its internal features, including the atrium, ventricles, valves and heart strings.

[Looking at \(dissecting\) hearts in primary schools – CLEAPSS](#)

A set of instructions, including images, suitable for helping teachers lead a dissection. Could easily be adapted for children to follow.

[Dissecting animal organs in primary schools: health and safety – CLEAPSS](#)

Detailed health and safety guidelines for carrying out dissections in the classroom.

[Heart and Circulation – ABPI](#)

Suitable for teachers, this source provides background information about the circulatory system, the way the heart works and blood.

[The heart and how it works – BBC Bitesize](#)

A one-minute clip that introduces the human heart and its function as a pump.

[Know your heart – British Heart Foundation](#)

This interactive tool, which combines films, tasks and quizzes, covers three topics: the heart and what it does, cardiovascular disease and the symptoms, and the risk factors of cardiovascular disease.

[Living things: circulation – BBC Bitesize](#)

Information, an interactive game and a quiz about circulation, the heart and the pulse.

[Circulatory System – Science Kids](#)

A one-minute video that shows red blood cells travelling around the body.

[Your Cardiovascular System – Discovery Kids](#)

Information about different aspects of the circulatory system, including the heart, arteries and blood.

[Stethoscope Project – Science Kids](#)

Simple instructions that children can follow to make their own stethoscope.

[How do I check my pulse? – NHS choices](#)

Instructions on how to take your resting heart rate by finding and checking your pulse.

Blood

[All about Blood – Kidzworld](#)

An overview of blood, including information about red blood cells, white blood cells, platelets and plasma.

[Blood and the Heart – Ducksters](#)

Information about different aspects of blood, written for children.

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[Blood glossary – Science Trek](#)

A children's glossary that explains specialist vocabulary, including terms such as veins, arteries and blood pressure.

[All about the Heart for Kids – AboutKidsHealth](#)

This six-minute animation shows the journey of blood around the body and explains the important role of red blood cells.

Blood transfusion

[The need for blood – Give Blood](#)

Background information about the discovery of the ABO blood group system, when the Blood Transfusion Service was first formed, and facts about blood donation.

[Highlights of transfusion medicine history – AABB](#)

A timeline chronicling key historical events between 1628 and 2005, including Karl Landsteiner's discovery of the four main blood groups in 1900.

[Blood Transfusion – TeensHealth](#)

Written for teenagers, this in-depth information about blood and transfusions is suitable for more able readers. As it is a US-based site, it includes statistics about blood donations in the US.

[Blood Types – TeensHealth](#)

Suitable for more able readers, this site provides detailed information about the different blood groups and what can happen if somebody receives the wrong blood.

Please note – there is a tab in the menu that links to sexual health.

[Karl Landsteiner – Famous Scientists](#)

Brief background information about the famous scientist who first identified and described the ABO blood system.

[The Cure – Pioneer: Karl Landsteiner](#)

A one-minute film explaining Landsteiner's discovery and how it paved the way for safe blood transfusions.

Lungs and the effects of smoking

[Lungs and keeping them healthy – BBC Bitesize](#)

A one-minute video about the role of the lungs and how harmful smoking can be.

[Smoking Stinks! – KidsHealth](#)

Facts about smoking and why it is so bad for people's health. As it is a US-based site, it includes statistics about smoking in the US.

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[The Dirty Truth about Smoking – YouTube](#)

This seven-minute video combines documentary filmmaking and animation, explores the effects of cigarette chemicals and toxins on people's appearance, health and the impact of lung cancer on a family.

Please note – this video is fairly graphic and shows young people smoking throughout. Watch and check it before you show it to children.

[Smoker's lung v healthy lung: terrifying video shows why you should quit smoking – news.com.au](#)

A short video comparing the lung capacity of healthy lungs and a smoker's lungs.

[Smoking and its effects on Health – Stop today! – YouTube](#)

This three-minute video highlights some of the main effects smoking has on people's health.

[Graphic anti-smoking advert released in UK – YouTube](#)

A hard-hitting advert released by the Department of Health that warns about the serious risks of smoking.

Some children may be sensitive to this advert, as it shows a tumour growing from a cigarette.

[Government release a new hard-hitting anti-smoking advert – YouTube](#)

This short advert highlights the hidden dangers of second-hand smoke to children.

[Anti-smoking slogans – Buzzle](#)

A list of anti-smoking slogans and images.

Heart-healthy foods

[The eatwell plate – NHS choices](#)

The eatwell plate shows the five main food groups and the proportions that should be eaten to maintain a balanced and healthy diet. Detailed information is also provided about each food group.

[Healthy recipes – NHS Choices](#)

Ideas for healthy meals, including some vegetarian options.

[Healthy kids recipes – BBC goodfood](#)

A range of simple recipes for children to create their own healthy meals.

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Dr William Harvey

[William Harvey Biography – The Famous People](#)

Key facts and a timeline are included in this biography. The main body of text may be suitable for more able readers.

[William Harvey and blood circulation – Youtube](#)

A three-minute comical video representing William Harvey's experimentation of blood circulation.

[Medicine through time: How did Harvey make his discoveries? – YouTube](#)

A four-minute video that explains how Dr Harvey experimented to prove blood is pumped around the body by the heart.

Between 2:43 and 3:00 minutes, a probe is pushed through an animal's vein, which some children may find distressing.

Heart model

[Science Project: How your heart pumps – Home science tools](#)

A set of instructions to make a simple pump that shows how one chamber and its valve works.

Heart songs

A collection of songs to evoke a range of emotions and feelings.

[My heart will go on \(with lyrics\) by Celine Dion – YouTube](#)

[How can you mend a broken heart? by Al Green – YouTube](#)

[Me and my broken heart \(with lyrics\) by Rixton – YouTube](#)

[Heartbreaker \(audio only\) by Justin Bieber – YouTube](#)

[Put a little love in your heart \(with lyrics\) by Al Green and Annie Lennox – YouTube](#)

[Young at Heart \(with lyrics\) by Frank Sinatra – YouTube](#)

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