

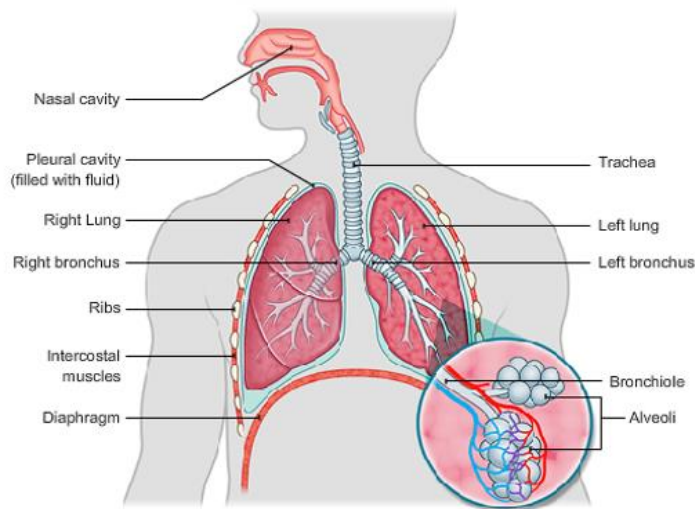
## KNOWLEDGE ORGANISER

**BIG IDEA:** ORGANISMS

**TOPIC:** Breathing

Key Word	Definition
<b>Breathing</b>	The movement of air in and out of the lungs
<b>Trachea</b>	(windpipe) – carries air from the mouth and throat to the lungs
<b>Bronchi</b>	two tubes that carry air to the lungs
<b>Bronchioles</b>	small tubes in the lungs
<b>Alveoli</b>	small air sacs found at the end of each bronchiole
<b>Ribs</b>	bones which surround the lungs to form the ribcage
<b>Diaphragm</b>	a sheet of muscle found underneath the lungs
<b>Lung volume</b>	measure the amount of air breathed in or out

### Breathing system structure.

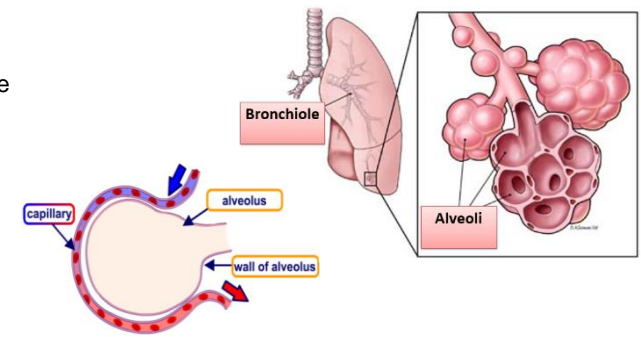


### Gas exchange.

In gas exchange, oxygen and carbon dioxide move between alveoli and the blood.

Oxygen is transported to cells for aerobic respiration.

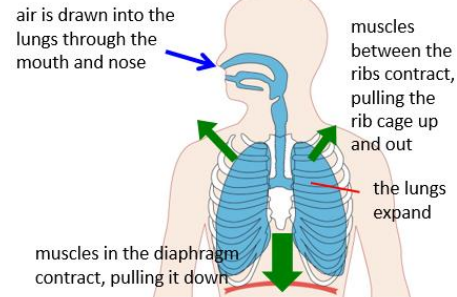
Carbon dioxide, a waste product of respiration, is removed from the body.



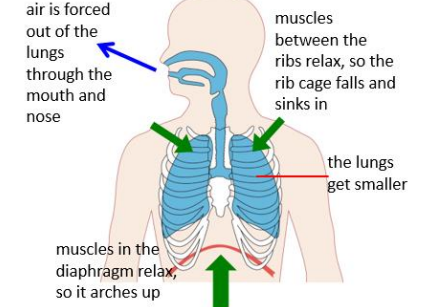
### Breathing in and out.

Breathing occurs through the action of muscles in the ribcage and diaphragm. The amount of oxygen needed by body cells determines how fast or slow we breathe.

#### Breathing in = inhalation



#### Breathing out = exhalation



### Exercise, smoking and asthma can affect the gas exchange system

- Exercise can strengthen the breathing system by exercising the rib muscles and diaphragm.
- Smoking can cause breathing problems, stroke, lung cancer and heart attack (see the table) →
- Asthma can cause breathing problems as it stops air flow through the bronchioles. This stops oxygen getting to body cells.

The chemical in cigarette smoke	What does the chemical do?
tar	Tar is a sticky black material that collects in the lungs.
nicotine	Nicotine is an addictive drug that speeds up the nervous system.
carbon monoxide	Carbon monoxide is a poisonous gas that stops the blood from carrying as much oxygen as it should.