Read the passage below. Then, write a definition for each bold word.

The heart is a very important organ. It pumps blood all through the body. Just like you can flex your arm muscles, the heart can flex, too. When the heart flexes, it pumps blood all through the body. First, half of the heart expands and fills with blood. Then, the other half of the heart contracts and gets smaller. This pushes the blood out of the heart.

Your heart rate is how fast your heart is beating. You can find your own heart rate. First, you need to find your pulse. Lightly pressing on the wrist is a good way to do this. If you find the right spot, you will feel a flutter, like the beat of a tiny drum. Count the beats for 1 minute to find your heart rate.

The heart is a muscle. Just like your other muscles, it can get stronger. Exercises such as skipping and running make the heart beat faster and harder. A strong heart will stay healthy for life.

1. Organ: ________________________________
2. Expands: ________________________________
3. Contracts: ________________________________
4. Heart rate: ________________________________
5. Pulse: ________________________________
6. Muscle: ________________________________