**The Cardiac Cycle**

Cut out the stages of the cardiac cycle below. Put the parts of the cycle into the order in which they actually occur. The first and last stages have been done for you.

When you have got the right order, glue the stages onto a page of A4 paper and number the stages in order.

|  |  |
| --- | --- |
| **1** | Both atria fill with blood. AV valves closed. |
|  | Both ventricles contract increasing ventricular pressure |
|  | Semi lunar valves remain closed |
|  | Both atria contract actively forcing the remaining atrial blood into ventricles |
|  | Aortic and pulmonary valves are forced open. AV valves closed.  |
|  | Atrial blood pressure rises above ventricular pressure. |
|  | Blood forced out into: Aorta to body tissues/ muscles = Stroke volume.Pulmonary arteries to lungs.  |
|  | Rising blood pressure forces AV valves open and blood passively passes into both ventricles. Semi lunar valves closed. |
| **9** | Diastole of the next cardiac cycle begins. Semilunar valves close preventing backflow of blood from aorta and pulmonary arteries.  |