

Pump it Up! (Circulatory System Rap)

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I'm a little red blood cell heading for the heart,
The **inferior vena cava's** where my journey starts,
My O₂ level's low 'cause I gave it the muscles
in the legs when you were running it was powering
your hustle

Now I'm in the **right atrium**, chamber number 1,
All your blood comes here, doesn't matter where it's
from,
superior vena cava drained the arms and head,
It's deoxygenated blood, cherry dark red!

I pass through a valve when the atrium contracts,
This valve's got two names, here are the facts.
You might know it as **right atrio-ventricular**
Or **tricuspid** if you want to be particular

CHORUS

Pump it up! Pump it up!
I see your heart throb
Pump it up! Pump it up!
Let me do my job
Pump it up! Pump it up!
Improve your condition,
'Cause oxygenation is my mission.

Now to the next chamber **right ventricle** I pass,
I'm suffering I'm still low, in oxygen gas,
Right ventricle contracts I'm heading for the lungs,
Through the **pulmonary valve**, I first get flung,

Now my location is the **pulmonary artery**,
Which branches right and left toward the system
respiratory,
Through smaller arteries to a lung capillary
Where CO₂ goes out of me and oxygen goes into
me,

I feel so great, I'm oxygenated
And I'm flowing to the **pulmonary vein** I'm elated,
Cause I'm heading back to the heart as its thumpin',
To the **left atrium** as the heart keeps pumpin'

CHORUS

Left atrium sends me through the **left a-v valve**,
Left Atrio-ventricular or bicuspid valve,
To the **left ventricle**, which when it contracts,
sends me through the **aortic valve** putting me on
track,

To go to the **aorta**, the biggest artery,
from there to any artery and any capillary
Maybe liver, bones, muscles, kidneys, brain, small
intestines,
Wherever I go I'll give up oxygen,

And pick up some CO₂, and go into a vein,
and I'll find myself in the vena cava again,
then back to heart to repeat this story
'Bout our journey through the system circulatory,

CHORUS

[This last stanza involves some call and response:
responses are in italics]
Main points: can't be over-rated
Right side of the heart's *deoxygenated*
Left side has blood full of *oxygen*,
Repeat that til you know it now say it again.

Right side blood: *deoxygenated*
Left side blood: *oxygenated*
Chambers on the top: *atria*
Chambers on the bottom: *ventricles*

Biggest artery is the *aorta*,
Vein that brings blood to the heart:
The vena cava
And if you want more questions to review
Click the link for circulatory system rap 2