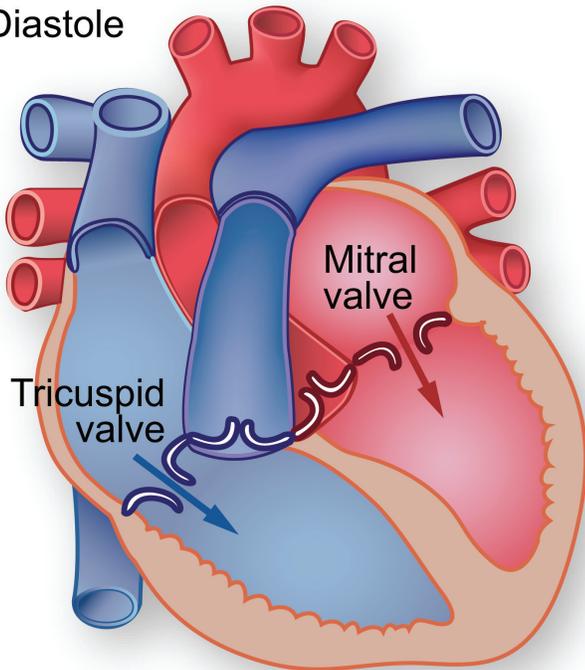


Project Heart

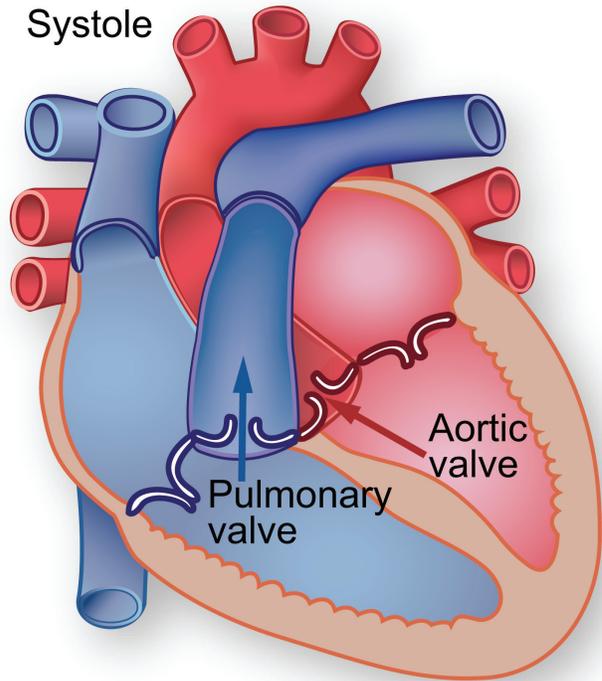
Activities for the Classroom

HEART VALVES

Diastole



Systole



Four **valves** regulate blood flow through your heart: the tricuspid, mitral, pulmonary, and aortic.

A heartbeat is a two-part pumping action that takes about a second. **Diastole** is when the blood pressure is lowest in the arteries as the heart muscle relaxes between beats. **Systole** is when the blood pressure is the highest in the arteries as the heart muscle contracts with each heartbeat.