

Cornell Guided Notes

Human Anatomy & Physiology (Human Body Systems) | 2026-11-17

Name

Period

Date

Lesson

Lesson focus

Heart structure and cycle

Key words and questions

Prepared details and student notes

Essential question
What is today's target?

Students will describe heart chambers, vessels, and the cardiac cycle using teacher notes and the PLTW online task. Big idea: The heart is a two-sided pump; understanding chamber sequence and valve function is prerequisite knowledge for interpreting EKG and blood-pressure data.

My notes, examples, and questions

Key words
What vocabulary unlocks the lesson?

- artery
- vein
- capillary
- atrium
- ventricle
- EKG
- cardiac cycle
- pulse

My notes, examples, and questions

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Cornell Notes - Continued

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Must-know ideas
What should I understand by the end?

- Blood flows: right atrium, right ventricle, pulmonary circuit, left atrium, left ventricle, systemic circuit.
- Systole is ventricular contraction (pumping); diastole is ventricular relaxation (filling).
- Arteries carry blood away from the heart; veins return blood to the heart; capillaries are the site of exchange.

My notes, examples, and questions

Process notes
What happens during class?

- 0-10: Warm-up: label blank heart diagram from memory
- 10-28: Guided notes: four chambers, major vessels, arteries vs. veins vs. capillaries, cardiac cycle phases
- 28-45: PLTW online cardiac-cycle activity
- 45-58: Trace blood path through heart and lungs on annotated diagram
- 58-70: Write one question about the cardiac cycle; peer-answer
- 70-80: Submit annotated diagram and PLTW completion confirmation

My notes, examples, and questions

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Steps and evidence
What do I do and turn in?

- Take notes on the four chambers and major vessels.
- Compare arteries, veins, and capillaries.
- Complete the PLTW online cardiac-cycle activity.
- Trace a drop of blood through the heart and lungs.
- Write one question about the cardiac cycle.

Evidence: Notebook check - Annotated heart diagram with blood path traced from right atrium through the pulmonary and systemic circuits, labeled with chamber names, major vessels, and cardiac cycle phases.

My notes, examples, and questions

Checks for understanding
How do I know I got it?

- Blood path through the heart is traced correctly.
- PLTW online task is submitted complete.

My notes, examples, and questions

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Lab or safety notes
What must I handle carefully?

Supplies:

- Heart model or detailed heart diagram
- EKG sensor or printed EKG strips
- Stethoscope
- Stopwatch for pulse counting
- Colored markers for oxygenated and deoxygenated blood
- Lab notebook

My notes, examples, and questions

Summary

Today's lesson focused on Heart structure and cycle. The main target was: Students will describe heart chambers, vessels, and the cardiac cycle using teacher notes and the PLTW online task. The evidence of learning is Notebook check: Annotated heart diagram with blood path traced from right atrium through the pulmonary and systemic circuits, labeled with chamber names, major vessels, and cardiac cycle phases.. In my own words, the most important idea from today is:

My summary

My final question or connection