Oxygen-Rich blood (colored red in books), and into the Left Ventricle. The Left Ventricle forces the blood out through the Aorta (the largest artery in the body).

just came from the Lungs (oxygen enters the blood every time we breathe), and enters the left side of the heart at the Pulmonary Vein (pulmonary refers to how the blood just came from the lungs).

This blood travels into the Left Atrium, through the Bicuspid Valve, From here the blood is sent to all regions of the body to deliver the oxygen (and nutrients) to the cells. After delivery, the blood is Oxygen–Poor (and is colored blue in textbooks to indicate this).

This Oxygen–Poor blood travels back to the right side of the heart through the Vena Cava, into the Right Atrium, into the Right Ventricle, which forces the blood out through the Pulmonary Artery towards the Lungs so it can pick up more oxygen and repeat the cycle again.