

Subject Specific Vocabulary

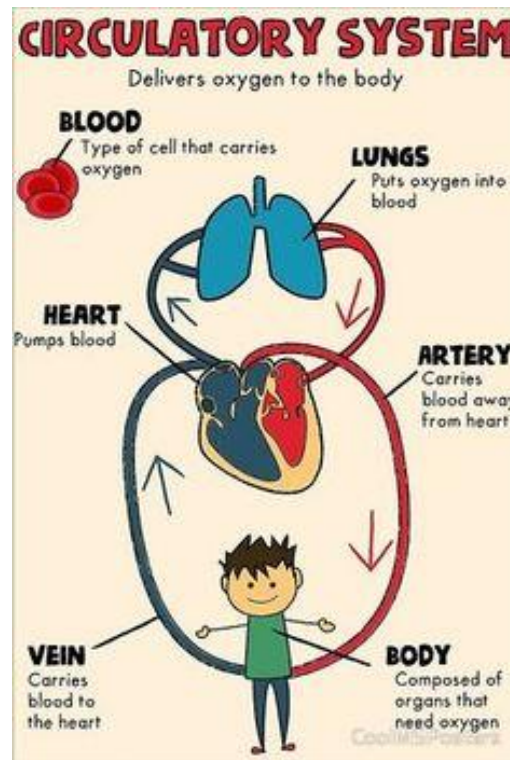
Circulatory system	A system which includes the heart, veins, arteries and blood transporting substances around the body.
Heart	An organ which constantly pumps blood around the circulatory system.
Blood vessels	The tube-like structures that carry blood through the tissues and organs. Veins, arteries and capillaries are the three types of blood vessels.
Pulse	Your pulse is your heart rate, or the number of times your heart beats in one minute.
Oxygenated blood	Oxygenated blood has more oxygen. It is pumped from the heart to the rest of the body.
Deoxygenated blood	Deoxygenated blood is blood where most of the oxygen has already been transported to the rest of the body.

Sticky Knowledge

The **heart** pumps blood to the lungs to get oxygen. It then pumps this oxygenated blood around the body. Blood isn't actually red and blue: it's just shown like that on a diagram.

Blood is transported around the body through **blood vessels**.

The biggest are called **arteries** that transport oxygenated blood around the body. **Veins** carry deoxygenated blood back towards the heart. **Capillaries** are the smallest blood vessels and from these there is an exchange in oxygen and water with the rest of the body.



Year 6 – Animals including humans

Identify and name the main parts of the human circulatory system and describe the functions of the heart, blood vessels and blood.

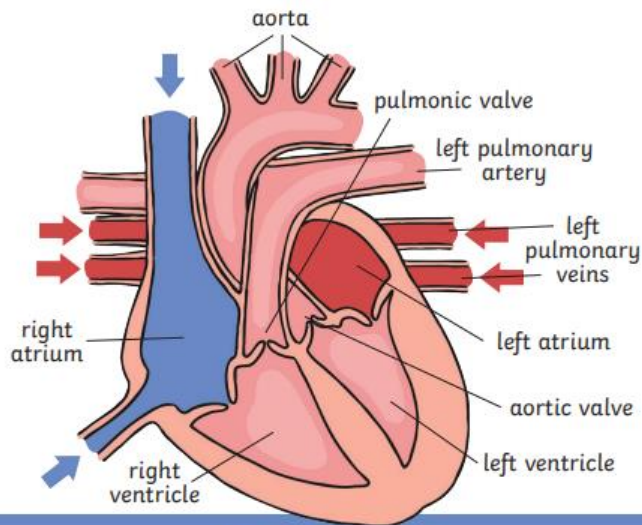
Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.

Describe the ways in which nutrients and water are transported within animals, including humans.

(National Curriculum, 2014)



The Human Heart



How it Works

Our hearts pump blood out to the lungs to oxygenate it. The oxygenated blood is then pumped back into our heart and out to the rest of the body.

Websites you could look at if you like this topic:

Health for kids

<https://www.healthforkids.co.uk/>

Operation ouch!

<https://www.bbc.co.uk/cbbc/shows/operation-ouch>

BBC Bitesize

<https://www.bbc.co.uk/bitesize/topics/zwd6y6>

Regular exercise:

- Strengthens muscles including the heart muscle.
- Improves circulation around the body;

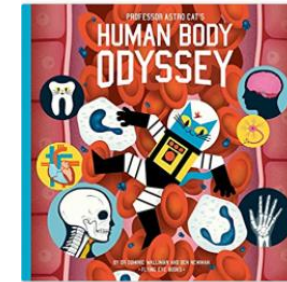
Nutrients:

- Give us energy and allow our bodies to perform their essential functions.

Drugs

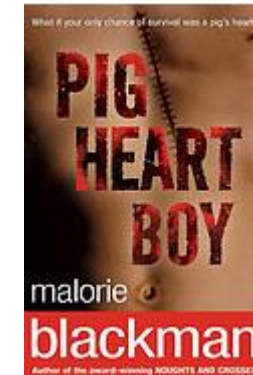
- Chemicals or substances that change the way our bodies work. Some are good for us (medicines). Some are harmful (nicotine).

Books you could read if you like this topic:



Professor Astrocal's
Human Body Odyssey

- Dominic Walliman &
Ben Newman



Pig Heart Boy

-Malorie Blackman

School Values

Respect

Responsibility

Aspirations

Doctor/nurse

Surgeon

Personal trainer

Nutritionist