

Animals including humans

Biology



What should I already know?

The simple functions of the digestive system.
What we eat and how much we exercise affects our body.

Diagram s



The circulatory system pumps blood around the body.



Some drugs are useful for our bodies, however others are very harmful.



Vocabulary



Circulatory System



The system by which blood, including nutrients, oxygen and water, is moved around the body.

Heart



The pump which pumps blood around the body.

Arteries



The tubes which transport oxygenated blood away from the heart.

Veins



The tubes which bring deoxygenated blood back to the heart.

Nutrients



A substance needed by the body to maintain growth and health.

Exercise



Activity done to keep the body or mind strong or to make them stronger.

Diet



The food and drink usually eaten and drunk by a person or animal.

Drugs



A substance that causes a chemical change.

Quick Facts



The heart is the main organ in the circulatory system.

The heart pumps blood around your body constantly.

Every part of the body needs a supply of blood.

The arteries and veins are the transport routes for blood to travel around your body.

The human body takes in nutrients.

These nutrients are taken around the body by the blood. The body uses these to grow, repair and provide the cells of our body with the energy to function.

Water is also absorbed and is used by our body to help regulate temperature, keep the blood circulating and makes cells in our body function properly.

We cannot survive without water and nutrients.

Diet, exercise, lifestyle and drugs can affect how our bodies function.

Eating too much or too little can affect how we develop and grow.

Drugs are not all bad.

Some drugs are medicines which help our body fight infections. Some drugs are harmful to our bodies and these should be avoided.

Working Scientifically



Questioning, Planning and Enquiring



Investigating



Observing and Recording



Concluding and Evaluating