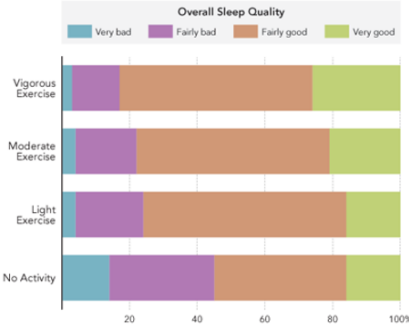


Year 6 Animals including Humans: The Circulatory System

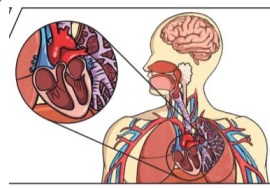
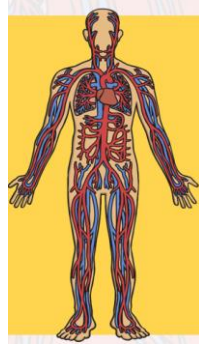
How does exercise affect your pulse?

What keeps the blood pumping?

- Regular exercise:
- strengthens muscles including the heart muscle;
 - improves circulation;
 - increases the amount of oxygen around the body;
 - releases brain chemicals which help you feel calm and relaxed;
 - helps you sleep more easily;
 - strengthens bones.
- It can even help to stop us from getting ill.



The Function of the Heart:	
1	Deoxygenated blood flows into the heart from the body through the veins
2	This blood is pumped out to the lungs through the pulmonary artery
3	Blood is then oxygenated in the lungs
4	Blood returns to the heart through the pulmonary vein
5	The oxygenated blood is then pumped out of the heart through the aorta
6	The blood travels around the body delivering oxygen and nutrients to the organs.



Vocabulary Dozen	
heart	the organ in your chest that pumps the blood around your body
blood vessels	the narrow tubes through which your blood flows includes the arteries, veins and capillaries
blood	a red fluid that is pumped by the heart and supplies the body with nutrients and oxygen.
veins	blood vessels that carry blood to the heart.
arteries	blood vessels that carry blood away from the heart.
capillaries	microscopic blood vessels found in the muscles and lungs
oxygen	a colourless gas that exists in large quantities in the air. All plants and animals need oxygen in order to live.
lungs	the two spongy organs inside your chest which fill with air when you breathe in. They remove carbon dioxide from blood and add oxygen.
ribcage	the bony structure consisting of the ribs and their connective tissue that encloses and protects the lungs and heart
carbon dioxide	a gas produced by animals and people breathing out
oxygenated	to be enriched with oxygen
deoxygenated	to be depleted of oxygen
circulatory system	A system which includes the heart, veins, arteries and blood transporting substances around the body.
nutrients	Substances that animals need to stay alive and healthy.

What can impact your health? How can you stay fit and healthy?

What is inside our body?

Drugs, alcohol and smoking have negative effects on the body.

A healthy diet involves eating the right types of **nutrients** in the right amounts.

