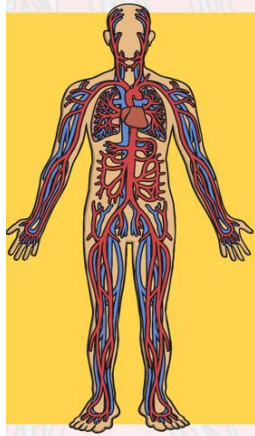


### The Function of the Heart:

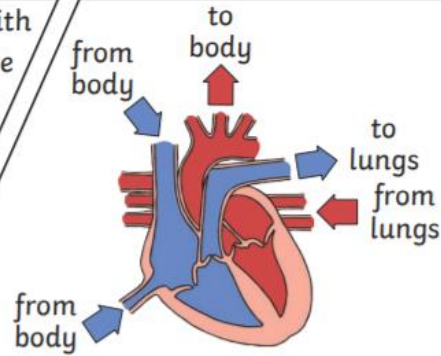
- 1 Deoxygenated blood flows into the heart from the body through the veins
- 2 This blood is pumped out to the lungs through the **pulmonary artery**
- 3 Blood is then **oxygenated** in the lungs
- 4 Blood returns to the heart through the **pulmonary vein**
- 5 The oxygenated blood is then pumped out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



### circulatory system

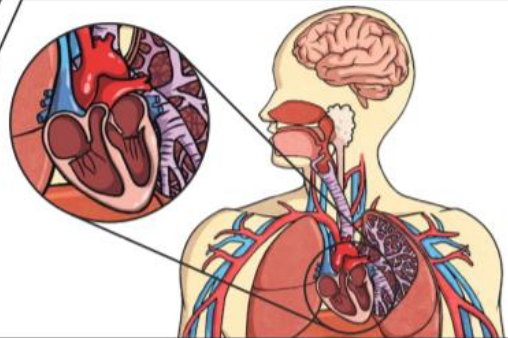
A system which includes the heart, veins, arteries and blood transporting substances around the body.

Mammals have **hearts** with four chambers. Notice how the blood that has come from the body is **deoxygenated**, and the blood that has come from the lungs is **oxygenated** again. The blood isn't actually red and blue: we just show it like that on a diagram.



deoxygenated blood → ← oxygenated blood

The **heart** pumps blood to the lungs to get oxygen. It then pumps this **oxygenated blood** around the body.



## Year 6 T5 Animals including Humans: The Circulatory System

### Vocabulary Dozen

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

### nutrients

Substances that animals need to stay alive and healthy.

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.



### drug

A substance containing natural or man-made chemicals that has an effect on your body when it enters your system.

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



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

