

A healthy heart beats between 60 and 100 times a minute.

Regular exercise will help keep your heart healthy.

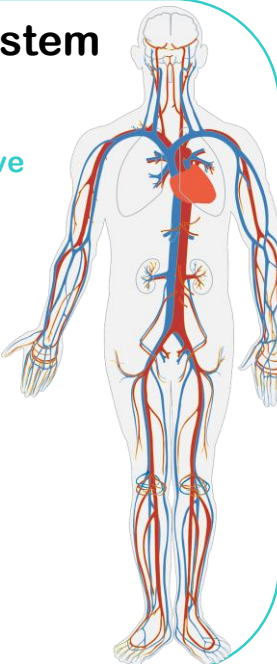
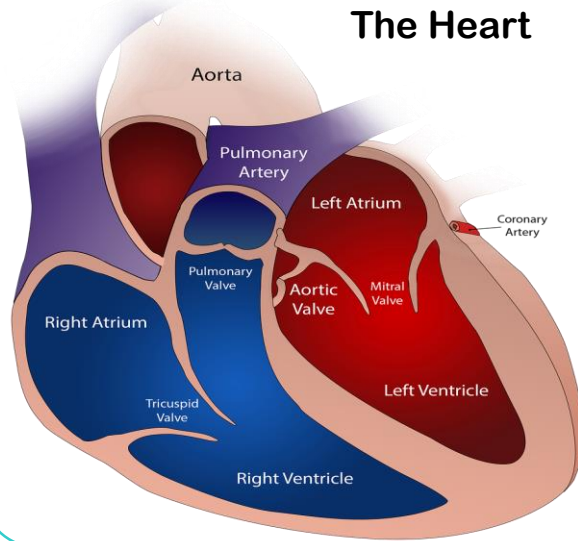
Arteries transport blood away from the heart and veins transport blood back to the heart.



## ROCKET WORDS

Learn these words and their definitions.

Key Word	Definition
blood vessels	The tubes through which blood flows around the body.
circulatory system	The system which circulates blood through the body.
oxygenated	When blood is enriched with oxygen from the lungs.
capillary	A very thin tube which carries blood around the body.
heart rate	The speed at which the heart beats or the number of times it beats in a particular period.
addiction	An inability to stop consuming a substance.
nutrients	Something from food that helps living organisms to live and grow.
balanced diet	A healthy way of eating which ensures that the body has all the essential nutrients needed.



## Circulatory System

### Heart

- See diagram above

### blood vessels

- arteries
- veins
- capillaries

### Blood

- plasma
- red blood cells
- white blood cells
- platelets



### FACTOIDS:

Can you find out more?

Q1. Why check a pulse?

A1. It tells us how often your heart contracts to pump blood through your body.

Q2. How big is the human heart?

Our hearts are about the size of our fist.

Q3. Why do we need to eat a balanced diet?

So our bodies receive the range of nutrients which are needed for normal function.

## Lesson Sequence

1

- Initial Assessment
- What is the circulatory system?
- Running Dictation

2

- Describe the function of blood and blood vessels

3

- Describe how your heart moves blood around the body

4

- Describe what affects your heart rate (investigation)

5

- Describe the consequences of an unhealthy lifestyle (Body Villains)

6

- Explore the different food groups and identify ways to eat a balanced diet (Healthy Heros)

### Unit: Animals including humans – the heart and health

This unit is designed to help you understand one of body's many important systems – the circulatory system. This system is responsible for pumping blood around our body to transport oxygen, water and nutrients. It is a very complex system which is composed of the heart, blood vessels, and blood.

You will also learn the importance of exercise and healthy eating when it comes to a strong circulatory system.

