

Remember  
in Year 5  
we learned:

The  
functions of  
different  
systems  
within a  
human

Year 6

**Animals  
including  
humans**

Later, in  
KS3, you  
will learn:

The  
importance  
of a healthy  
lifestyle

## Knowledge

By the end of this unit of study, pupils will be able to:

One	Identify and name the main parts of the human circulatory system	
Two	Describe the functions of the heart, blood vessels and blood.	
Three	Describe the ways in which nutrients and water are transported within animals, including humans.	
Four	Create a report on the circulatory system	
Five	Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function	
Six	Explain how to keep our hearts healthy and what can damage our bodies.	



## Key Learning

The heart pumps blood in the blood vessels around to the lungs. Oxygen goes into the blood and carbon dioxide is removed. The blood goes back to the heart and is then pumped around the body. Nutrients, water and oxygen are transported in the blood to the muscles and other parts of the body where they are needed. As they are used, they produce carbon dioxide and other waste products. Carbon dioxide is carried by the blood back to the heart and then the cycle starts again as it is transported back to the lungs to be removed from the body. This is the human circulatory system

Diet, exercise, drugs and lifestyle have an impact on the way our bodies function. They can affect how well our heart and lungs work, how likely we are to suffer from conditions such as diabetes, how clearly we think, and generally how fit and well we feel. Some conditions are caused by deficiencies in our diet e.g. lack of vitamins

## Key Vocabulary

Heart, pulse, rate, pumps, blood, blood vessels, transported, lungs, oxygen, carbon dioxide, nutrients, water, muscles, cycle, circulatory system, diet,