



Y6 Science – The Circulatory System

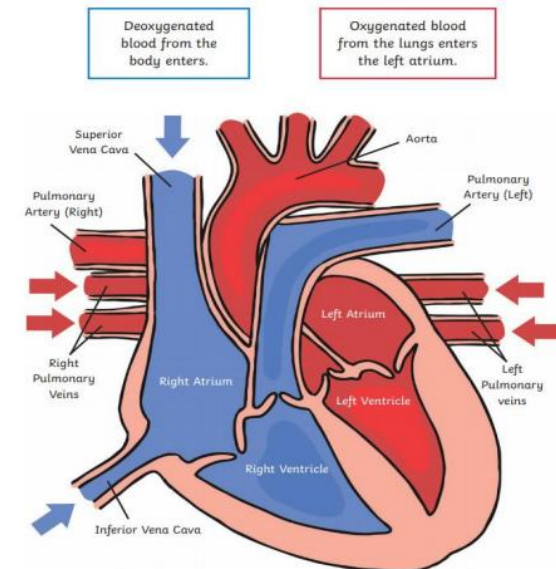
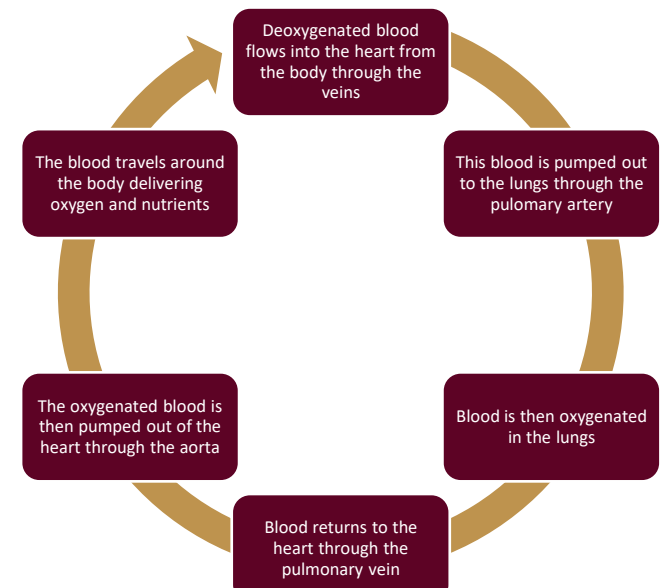
The Circulatory System

- The circulatory system is the system that circulates blood around the body.

Vocabulary

Heart	The organ in your chest that pumps the blood around your body
Blood vessels	The narrow tubes through which blood flows includes the arteries, veins and capillaries
Blood	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	Two spongy organs inside your chest which fill with air when you breathe in
Ribcage	The structure of bones and connective tissue that protects the lungs and heart
Carbon dioxide	A gas that is produced by animals breathing out
Oxygenated	To be enriched with oxygen
Deoxygenated	To be depleted of oxygen

The Function of the Heart

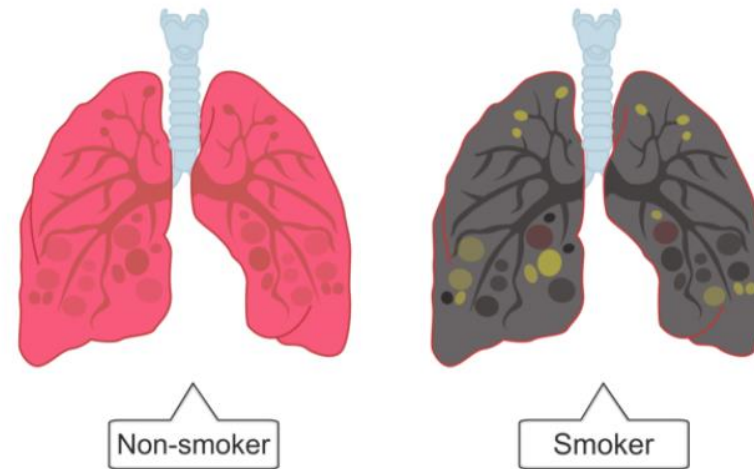




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Diet and Lifestyle

- Fatty rich foods can clog arteries and veins preventing blood from delivering what is needed
- Exercise can improve the health of a person by removing fatty deposits from the body
- Some exercises are called cardiovascular and are designed to improve the fitness of the overall circulatory system.



Smoking and the Lungs

- When a person smokes there is less oxygen in their blood, so the heart starts to beat faster to create more oxygen to pump round the body.
- This means the heart is working harder than it normally does.
- The longer a person smokes, the more fatty deposits build up in their blood vessels. This can cause problems like heart attacks.
- The poisons in cigarettes also cause problems for the lungs. These problems can be as simple as a chesty cough or as serious as cancer.

