

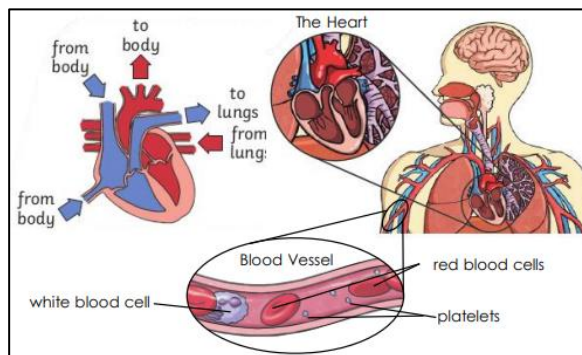
Year 5/6: The Human Body

Subject Specific Vocabulary Dozen

organs	Part of an animal that is typically self-contained and has a specific vital function (e.g. the heart and lungs).
blood vessels	Blood vessels are a series of tubes inside your body. They move blood to and from your heart. Veins, arteries and capillaries are blood vessels.
blood	Blood transports materials around the body and protects against disease.
circulatory system	The blood circulatory system (cardiovascular system) delivers nutrients and oxygen to all cells in the body.
heart	A hollow muscular organ that pumps the blood through the circulatory system.
lungs	Pair of organs situated within the ribcage where oxygen can pass into the blood and carbon dioxide be removed.
oxygen	A colourless and odourless gas. It is needed for animal and plant life. Oxygen that is breathed in enters the blood from the lungs and travels to the tissues.
carbon dioxide	This is a gas in the air. Carbon dioxide is produced from breathing and from burning certain substances called fossil fuels. Plants use carbon dioxide to make their food.
healthy lifestyle	It is being physically, mentally and social well. This means eating a balanced diet, getting regular exercise, avoiding tobacco and drugs and getting plenty of rest.
nutrients	Nutrients are substances found in food that ensure our body functions properly.
drugs	These are substances that change the way our body works.
offspring	A person's child or children/ an animal's young.

What I will know at the end of the unit:

- I will be able to identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood
- I will be able to recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function
- I will be able to describe the ways in which nutrients and water are transported within animals, including humans.
- I will recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents
- I will describe the changes as humans develop to old age.



Exciting Books



Sticky Knowledge about the Human Body

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.

When babies are young, they grow rapidly. They are very dependent on their parents. As they develop, they learn many skills. At puberty, a child's body changes and develops primary and secondary sexual characteristics. This enables the adult to reproduce.

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