

## Learning Journey

Sc6/2.2a identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood

Sc6/2.2b recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function

Sc6/2.2c describe the ways in which nutrients and water are transported within animals, including humans.

## Year 6: Animals including humans



## What I already know:

How the body uses skeletons and muscles to move, how teeth grow, how the digestive system works. How there is a food chain, including predators and prey- and how nutrition is important. How we change as we age.

## Key Question:

How can you lead a healthy lifestyle?

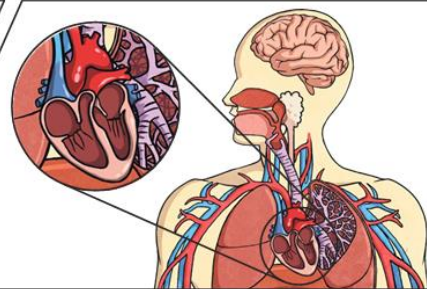
## Key Vocabulary:

circulatory system	A system which includes the heart, veins, arteries and blood transporting substances around the body.
heart	An organ which constantly pumps blood around the <b>circulatory system</b> .
blood vessels	The tube-like structures that carry blood through the tissues and organs. Veins, arteries and capillaries are the three types of blood vessels.
oxygenated blood	<b>Oxygenated blood</b> has more oxygen. It is pumped from the <b>heart</b> to the rest of the body.
deoxygenated blood	<b>Deoxygenated blood</b> is blood where most of the oxygen has already been transferred to the rest of the body.
drug	A substance containing natural or man-made chemicals that has an effect on your body when it enters your system.
alcohol	A <b>drug</b> produced from grains, fruits or vegetables when they are put through a process called fermentation.
nutrients	Substances that animals need to stay alive and healthy.

## Powerful knowledge

The **heart** pumps blood to the lungs to get oxygen.

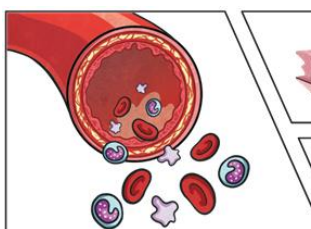
It then pumps this **oxygenated blood** around the body.



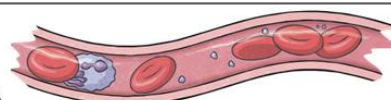
**Drugs, alcohol** and smoking have negative effects on the body.



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



The liquid part of blood contains water and protein. This is called plasma.



Blood transports:

- gases (mostly oxygen and carbon dioxide);
- **nutrients** (including water);
- waste products.



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.