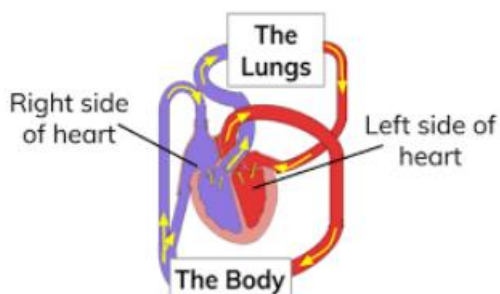


Year 6 – Spring 1

Animals including humans

The human circulatory system

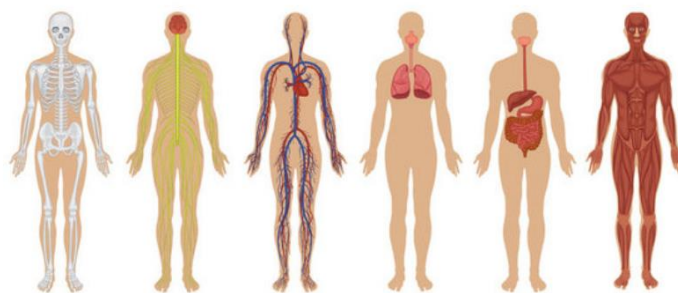


Healthy bodies

Diet, exercise, drugs and other lifestyle choices have an impact on how our bodies function. This can affect how well our heart and lungs work and how fit and well we feel. Some choices such as smoking, drinking alcohol and obesity can be harmful to our health:

Smoking - Can cause shortness of breath, heart and lung disease.

Alcohol - Too much alcohol can damage the liver, heart and stomach.



1. Skeleton
2. Nervous system
3. Circulatory system
4. Respiratory system
5. Digestive system
6. muscles

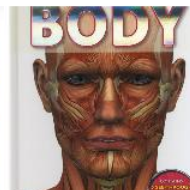
Research more:

<https://www.bbc.co.uk/bitesize/topics/z7x78xs>

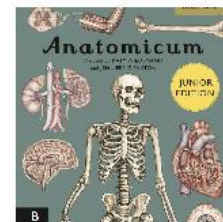
Read more:



Human Body, Animal Bodies: Muscles and Movement



Body: The Ultimate Guide



Anatomicum Junior

vocabulary	definition
Heart:	The heart is a muscular organ that pumps blood throughout the circulatory system. It is located in the chest and is responsible for maintaining the flow of blood to all parts of the body.
Pulse:	Pulse refers to the rhythmic throbbing of the arteries as blood is pumped through them by the heart. It is commonly measured at various points on the body, such as the wrist or neck, to assess the heart rate.
Blood:	Blood is a vital fluid that circulates through the arteries, veins, and capillaries, transporting oxygen, nutrients, hormones, and waste products throughout the body.
Blood Vessels:	Blood vessels are the tubes that carry blood throughout the body. There are three main types: arteries, veins, and capillaries. Arteries carry blood away from the heart, veins carry blood back to the heart, and capillaries facilitate the exchange of nutrients and gases between the blood and tissues.
Lungs:	The lungs are the organs responsible for the exchange of oxygen and carbon dioxide. Oxygen is taken in, and carbon dioxide is expelled during the process of respiration.
Oxygen:	Oxygen is a crucial element for cellular respiration, the process by which cells produce energy. The circulatory system ensures the delivery of oxygen to cells.
Carbon Dioxide:	Carbon dioxide is a waste product of cellular metabolism. It is transported by the blood to the lungs, where it is expelled from the body during exhalation.
Nutrients:	The circulatory system transports nutrients from the digestive system to cells, providing the necessary elements for energy production, growth, and repair.
Muscles:	Muscles, including the heart itself, rely on the circulatory system to deliver oxygen and nutrients for energy production during contraction.
Circulatory System:	The circulatory system, also known as the cardiovascular system, is a complex network of organs and vessels that ensures the efficient transport of blood throughout the body.