



Year 6 Summer: Animals including Humans: The Circulatory system

Lesson 1 What can I do to keep my body healthy?	Lesson 2 How does the human circulatory system work?	Lesson 3 What are the features of the human heart?	Lesson 4 What are the components of human blood and what is their function?	Lesson 5 How does exercise affect my pulse?
arteries	Muscular-walled tubes that transport blood from the heart to other parts of the body	heart	nutrients	A substance that provides nourishment essential for the maintenance of life and for growth
blood	Red liquid that circulates in arteries and veins, carrying oxygen to and carbon dioxide from tissues of the body	lungs	pulse	A beating heart creates a pulse- as your heart pushes blood through your body you feel your pulse on wrist
blood vessel	A tubular structure carrying blood through the tissues and organs	diet	oxygen	A colourless gas essential to living organisms - taken up by animals and converted into carbon dioxide.
carbon dioxide	A colourless gas that is one part carbon and two parts oxygen (CO₂)	lifestyle	drugs	A substance containing natural or man-made chemicals that has effect on your body
circulatory system	The system that circulates blood through the body, including the heart, blood vessels and blood	veins	exercise	Is bodily activity that helps physical fitness and overall health and wellness.

The Circulatory System

The heart

The heart pumps oxygen-rich blood to every cell in the body.

Blood vessels

A network of arteries and veins that provide the pathway for blood to travel.

Blood

- Transports oxygen and nutrients to the lungs and tissues
- Forms blood clots to prevent blood loss
- Carries cells to fight infection
- Brings waste products to organs

HEALTHY LIFESTYLE

A healthy and balanced diet and regular exercise is important in helping the body to