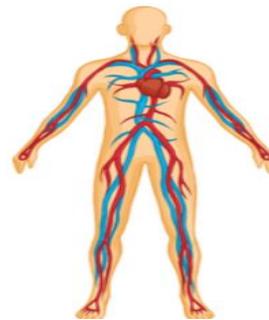


Animals incl Humans

Year 5/6

Circulation is the flow of blood, oxygen and nutrients around your body via the circulatory system. This system is made up of the heart, arteries and veins. As blood circulates around the body it delivers oxygen, vital nutrients to cells and takes away waste products.



Key Vocabulary

Heart – an organ that pumps blood around the body in a double circulatory system

Right ventricle – chamber of the heart that pumps blood to the lungs for gas exchange

Left Ventricle – chamber of the heart that pumps blood around the rest of the body

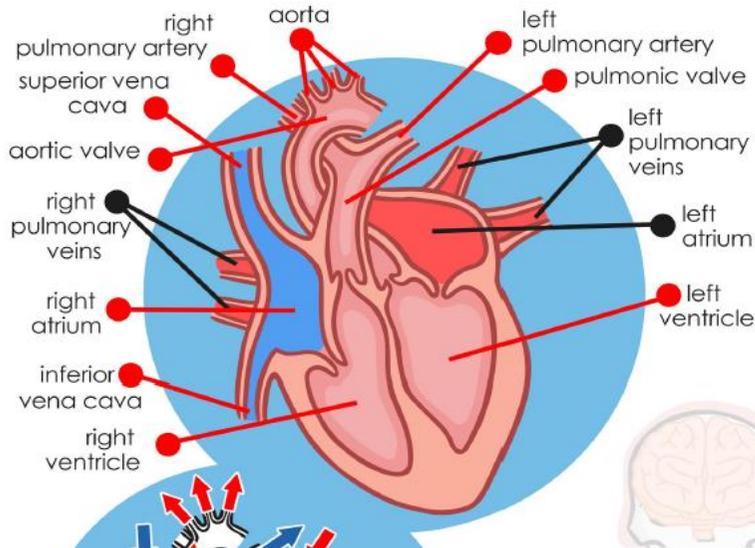
Coronary artery – the blood vessels that supply the heart with oxygen and glucose for respiration

Drug - a substance containing natural or man-made chemicals that has an effect on your body when it enters your system.

Alcohol - a drug 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.

The Heart



How it Works

 deoxygenated blood
 oxygenated blood

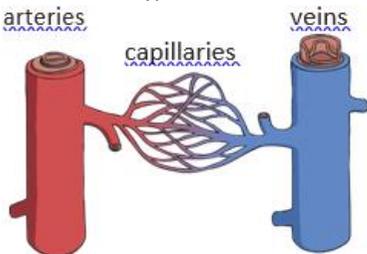
Our hearts pump blood out to the lungs to oxygenate it. The oxygenated blood is then pumped back into our hearts and out to the rest of our body.

Capillaries are the smallest **blood vessels** in the body and it is here that the exchange of water, nutrients, oxygen and carbon dioxide takes place.

Arteries carry oxygenated blood away from heart.

Veins take deoxygenated blood towards the heart.

The tube-like structures that carry blood through the tissues and organs. Veins, arteries and capillaries are the three types of blood vessels.



Regular exercise:

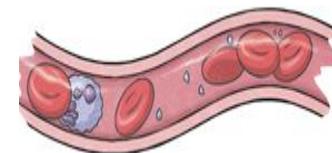
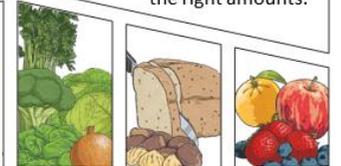
- strengthens muscles including the heart muscle;
- improves circulation;
- increases the amount of oxygen around the body;
- releases brain chemicals which help you feel calm and relaxed;
- helps you sleep more easily;
- strengthens bones.

It can even help to stop us from getting ill.

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



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



Blood transports: gases (mostly oxygen and carbon dioxide); nutrients, water and waste products.