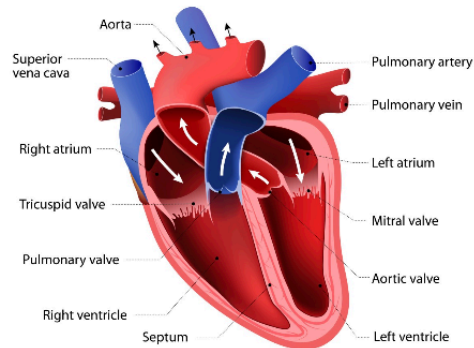


# Year 6 - Animals including humans - Half Term 2

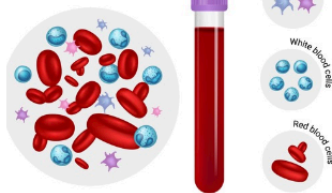
## The Heart

The **heart** pumps **blood**, carrying nutrients and oxygen, around every part of the body.



The red vessels are **arteries** and the blue vessels are **veins**. **Arteries** have thick, muscular walls and carry **oxygenated** blood from the **heart** to the rest of the body. **Veins** carry **deoxygenated** blood back to the heart and have thinner walls. **Capillaries** are microscopic vessels which link the veins and arteries together.

### COMPOSITION OF BLOOD



**Red blood cells** carry **oxygen**. **White blood cells** fight infection as part of the immune system. **Platelets** help to clot (thicken) the blood and form a scab. **Plasma** is the fluid part of the blood, which transports

## Looking After Our Heart



To keep our **heart** and body healthy, we need to:

- eat a balanced diet (not too much sugar or fat);
- exercise regularly;
- drink approximately 2 litres of water a day;
- limit alcohol intake, in adults;
- get approximately 8 hours of sleep.



Drugs, including alcohol, can cause liver damage, poor sleep, high blood pressure, and different types of cancer. Drugs can be classified into four groups – painkillers, stimulants, depressants and hallucinogens.

### Key Vocabulary

<b>circulatory system</b>	the system that controls the flow of blood around the body
<b>BPM</b>	beats per minute measuring heart rate
<b>diet</b>	the kind of food an animal usually eats
<b>pulse</b>	the rhythmical throbbing of the arteries as blood is pumped through them
<b>oxygenated</b>	containing oxygen
<b>deoxygenated</b>	not containing oxygen
<b>atrium</b>	the upper chambers of the heart
<b>ventricle</b>	the lower chambers of the heart
<b>vessel</b>	tube which circulates the blood through the body
<b>valve</b>	flaps which open and close to allow blood flow
<b>diffusion</b>	diffusion is the movement of all liquids and gases
<b>osmosis</b>	osmosis is the movement of water only

To know statements	✓ ✗
I know about the function of the heart and its role in the circulatory system.	
I know about and can compare blood vessels.	
I know about blood – plasma, platelet, white blood cell and red blood cell.	
I know how the body transports water and nutrients.	
I know how exercise affects the heart rate.	
I know about the impact of drugs and alcohol on the body.	

What can you remember from previous units?

Do you know the organs and their functions in the digestive system?

Do you know the impact of exercise on the body?

Can you remember the roles of muscles in the body?

Anything else you have learnt? What have you enjoyed?



