"Whatever you do, work at it with all your heart"

Colossians 3:23



The Circulatory System

Year 6
Autumn Term

Key Knowledge:

To know that:

- **The heart pumps blood around the body.**
- **Blood carries oxygen and nutrients around the body.**
- **Exercise can help keep the heart and lungs healthy.**
- There are several types of blood vessels:
    - Capillaries are small vessels where oxygen and carbon dioxide are exchanged.
    - Arteries carry oxygenated blood AWAY from the heart.
    - Veins transport deoxygenated blood back TO the heart.
- Platelets help the blood to clot as a means to heal a wound and to cease blood loss.
- A pulse (measured by feeling an artery) indicates the heart rate.
- Exercise will affect your pulse and respiratory rate due to an increased demand of oxygen.
- The diet and lifestyle choices a person makes will impact how their bodies function.
    - E.g. Increased sugar intake may lead to diabetes later in life.

Key Vocabulary:

inhalation: *breathing in*

exhalation: *breathing out*

artery: *a blood vessel that carried blood AWAY from the heart*

capillary: *tiny blood vessels connecting arteries to veins. These blood vessels carry oxygen and nutrients to individual cells throughout the body*

vein: *a blood vessel that carries blood back TO the heart*

gas exchange: *the delivery of oxygen from the lungs to the bloodstream, and the elimination of carbon dioxide from the bloodstream to the lungs*

pulse: the beating of your heart that you can feel in the arteries in your neck or wrist

lungs: the organ where gas exchange occurs

heart: the organ which pumps your blood around your body

oxygen: the gas we inhale

carbon dioxide: the gas we exhale

circulatory system: this includes the heart and all the vessels which pump blood around the body.

