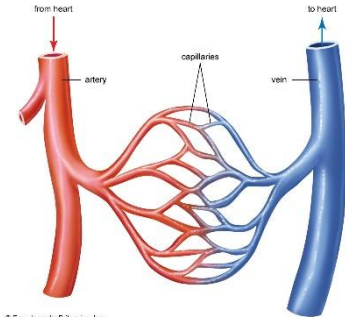




"Whatever you do, work at it with all your heart"

Colossians 3:23



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Circulatory System

Year 6
Autumn 1

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 lifestyle choices a person makes will impact how their bodies function.

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 the blood around the body.*)

