



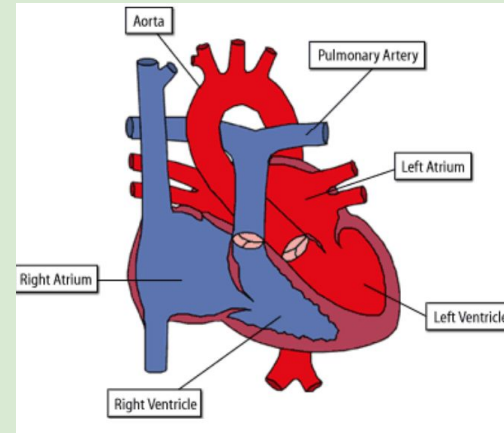
Year 6 Science - Why is the circulatory system so important?

Key Vocabulary

Circulatory system	A system which includes the heart, veins, arteries and blood transporting substances around the body.
Heart	An organ which constantly pumps blood around the circulatory system.
Blood vessel	The tube-like structures that carry blood through the tissues and organs. Veins , arteries and capillaries .
Oxygenated blood	Oxygenated blood is rich in oxygen, picked up from the lungs, and is carried from the heart to the rest of the body
Deoxygenated blood	Deoxygenated blood has less oxygen because it has been delivered to the body's cells, tissues and organs.
Aorta	The largest artery supplying oxygenated blood to the rest of the body.
Arteries	Carry blood away from the heart.
Veins	Carry blood towards the heart.
Capillaries	Tiny vessels where oxygen gets transferred to cells.
Pulse rate	The number of heart beats per minute.

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

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

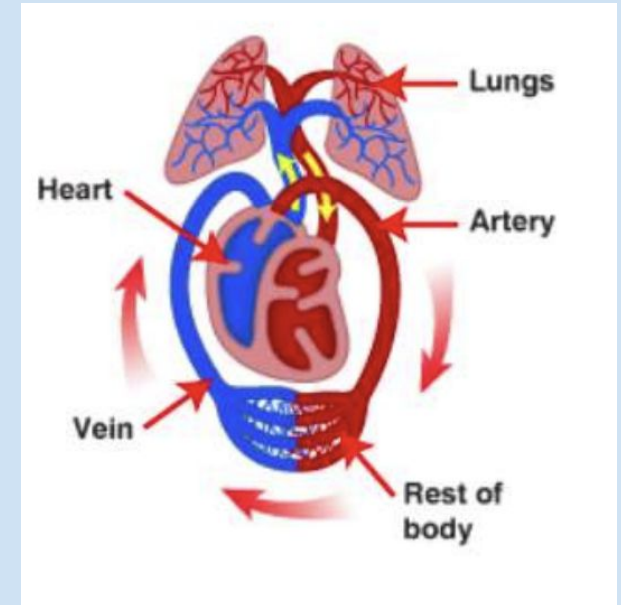


The heart pumps blood to the lungs to get oxygen. It then pumps this **oxygenated blood** around the body.

The heart is composed of four **chambers**; the right atrium, the right ventricle, the left atrium and the left ventricle. How often your heart pumps is called your **pulse**.

Why is exercise so important?

- Tones our muscles and reduce fat
- Increases fitness
- Strengthens the heart
- Improves lung function
- Improves skin



Blood pumps in a figure of eight around the body - **deoxygenated blood** leaves the heart then travels to the lungs to take in oxygen: this makes the blood **oxygenated** to travel around the body.

Components of blood

