



**Science Focus:**

Animals including humans

**Year 6**

**Term: 1b**

## The Human Circulatory System

The main parts of the human circulatory system	Heart Blood vessels Blood
What does the heart do?	<ul style="list-style-type: none"> <li>The heart pumps the blood through the blood vessels so that food and oxygen can get to all the parts of the body</li> </ul>
What do the blood vessels do?	<ul style="list-style-type: none"> <li>The blood vessels carry the blood around the body</li> </ul>
There are three main types of blood vessels	<ul style="list-style-type: none"> <li><b>The arteries</b>, which carry the blood away from the heart</li> <li><b>The capillaries</b>, which enable the actual exchange of energy between the blood and the tissues</li> <li><b>The veins</b>, which carry blood from the capillaries back toward the heart</li> </ul>
What does the blood do?	<ul style="list-style-type: none"> <li>Blood moves food and oxygen around the body, delivering it to all of the cells. Red blood cells carry oxygen and blood plasma carries nutrients.</li> </ul>

### What? (Key Vocabulary)

Spelling	Definition/Sentence
Oxygen	A gas humans rely on that is within the air we breathe.
Addictive	Substance that causes you to need more and more (out of control)

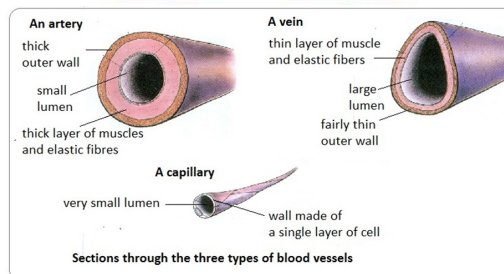
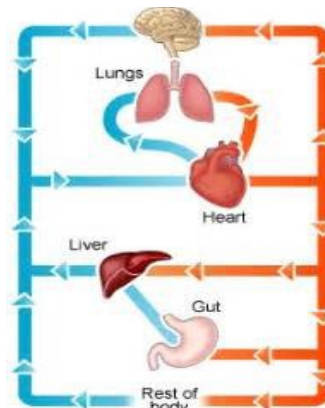
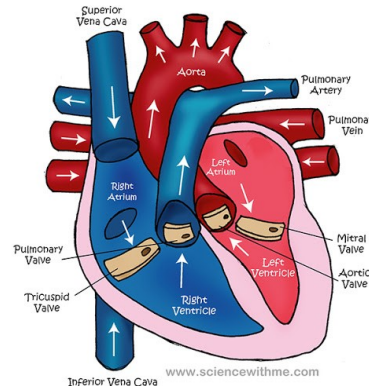
### Working as a Scientist

- Designing investigations into factors affecting heart rate
- Making a circulatory system with a pump
- Forming conclusions related to what causes the heart to work harder/maximum heart rates


## All organisms are made up of one or more cells

All the basic functions of life are the result of what happens inside cells. These are respiration, reproduction, feeding, excretion, growth and developments as well as death.

### Diagrams and Symbols



## Healthy Lifestyle

Things humans need to be healthy	<ul style="list-style-type: none"> <li>To have a balanced diet of the right amount of different types of food and drink</li> <li>To exercise regularly</li> <li>To be hygienic</li> </ul>
What is a balanced diet?	<ul style="list-style-type: none"> <li>See the Eatwell guide: </li> <li><a href="http://www.nhs.uk/Livewell/Goodfood/Documents/The-Eatwell-Guide-2016.pdf">http://www.nhs.uk/Livewell/Goodfood/Documents/The-Eatwell-Guide-2016.pdf</a></li> <li>Drink 6-8 cups/glasses of fluids each day</li> </ul>
Health risks that can damage the body	<ul style="list-style-type: none"> <li>Smoking</li> <li>Drugs</li> <li>Alcohol</li> <li>Obesity</li> </ul>
Dangers of smoking	<ul style="list-style-type: none"> <li>Addictive</li> <li>Can cause heart disease and other serious illnesses</li> </ul>
Dangers of drugs	<ul style="list-style-type: none"> <li>Addictive</li> <li>Can damage the brain or cause death</li> </ul>
Dangers of alcohol	<ul style="list-style-type: none"> <li>Ok in small amounts for adults</li> <li>Can damage the liver, heart and stomach</li> </ul>
Dangers of obesity	<ul style="list-style-type: none"> <li>Can cause heart disease</li> <li>Can cause health problems</li> </ul>