

Did you know

If you linked up all of the body's blood vessels, including arteries, capillaries, and veins, they would measure over 60,000 miles.

Circulatory Blood System

Year 6 Summer Term



Key Vocabulary

circulatory system	A system which includes the heart, veins, arteries and blood transporting substances around the body.
heart	An organ, consisting of four chambers, which constantly pumps blood around the circulatory system.
blood vessels	The tube-like structures that carry blood through the tissues and organs. Veins, arteries and capillaries are the three types of blood vessels.
oxygenated blood	Oxygenated blood has more oxygen. It is pumped from the heart to the rest of the body.
deoxygenated blood	Deoxygenated blood is blood where most of the oxygen has already been transferred to the rest of the body.
drug	A substance containing natural or man-made chemicals that has an effect on your body when it enters your system.
alcohol	A drug produced from grains, fruits or vegetables when they are put through a process called fermentation.
nutrients	Substances that animals need to stay alive and healthy.
plasma	Liquid portion of blood containing water and protein.
platelets	Tiny blood cells that help your body form clots to stop bleeding
red cells	Blood cells which carry the oxygen from the lungs to the rest of the body.
white cells	Blood cells which circulate around the blood and help the immune system fight off infections.

The main parts of the human circulatory system

Heart: mammals have hearts with four chambers (right ventricle, left ventricle, right atrium and left atrium).

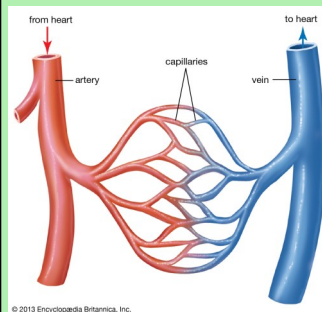
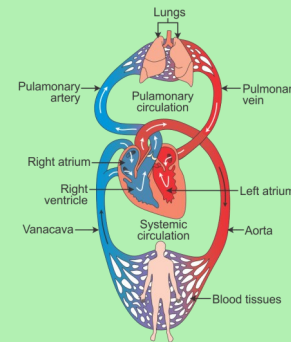
Blood made out of **plasma, platelets, red blood cells and white blood cells.**

Lungs: The right side of your heart receives oxygen-poor blood from your veins and pumps it to your lungs, where it picks up oxygen and gets rid of carbon dioxide.

The functions of the heart, blood vessels and blood

Heart: pumps blood to the lungs to get oxygen and pumps this oxygenated blood around the body;

Blood transports gases (mostly oxygen and carbon dioxide), nutrients (including water) and waste products.



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Arteries carry **oxygenated blood** away from the heart.

Veins carry **deoxygenated blood** towards the heart.

Capillaries are the smallest blood vessels in the body and it is here that the exchange of water, nutrients, oxygen and carbon dioxide takes place.

Healthy lifestyle

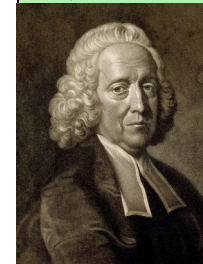
Healthy diet involves eating the right type of **nutrients** in the right amount.

Regular exercise: strengthens muscles including the heart muscle; improves circulation; increases the amount of oxygen around the body, releases brain chemicals which help you feel calm and relaxed, helps you sleep more easily and strengthens bones. It can even help to stop us from getting ill.

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

Significant People

Stephen Hales (1677-1761)



An English clergyman by day, Reverent Hales, believed he had "a duty to discover and wonder at the wisdom and goodness of God by studying His creation." Driven by this belief and a deep fascination with health and disease, he was the first to develop artificial ventilator and measure blood pressure.

Joe Wicks (21st September 1986)

TV presenter and author. His fitness method uses short intense High Intensity Interval Training (HIIT) workouts. Starting off by posting 15-second recipe videos on social media, he then published his first cookbook in 2015. He has created a "90 Day Plan" with workouts and meals with portions tailored to the individual.



Did you know?

The average human adult has around 6litres of blood in their body.

My notes...

'It's never too late to get fit; it's never too late to feel good and confident and change the way you eat and train.'

Joe Wickes

Significant People

Community

Equality & Justice

Environmental Responsibility