

Year Six: Animals Including Humans Knowledge Organiser

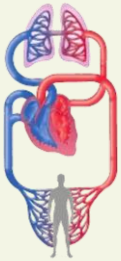


The Big Idea

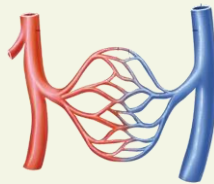
The body is made up of tissues and organs, which are linked together to do particular functions. The heart and lungs are such organs, which work together as part of the circulatory (cardiovascular) system, transporting oxygen, sugar and nutrients around our bodies.

The Circulatory System

The circulatory system consists of the heart, blood vessels, blood, veins, arteries, capillaries, oxygen, lungs and ribcage.



Blood and blood vessels



The function of blood vessels is to deliver blood to the organs and tissues in your body. The blood supplies them with oxygen and nutrients. Blood vessels also carry waste products and carbon dioxide away from your organs.

Heart rate

Exercise causes an increase in heart (pulse) rate. When exercising our muscles contract more often and require more energy.



The Human Heart

The right side of the heart receives blood that is low in oxygen because most has been used up by the brain and body. It pumps this to your lungs, where it picks up a fresh supply of oxygen. The blood then returns to the left side of the heart, ready to be pumped back out to the brain and the rest of your body.



Diet and exercise



Diet can impact on lifestyle as fatty rich foods can clog arteries and veins. Exercise can improve the health of a person by removing fatty deposits from the body. Some exercises are called cardiovascular, and are designed to improve the fitness of the overall circulatory system by strengthening the organs and pulse rate.

Vocabulary

heart pulse blood blood vessels lungs oxygen drugs
carbon dioxide nutrients muscles circulatory system