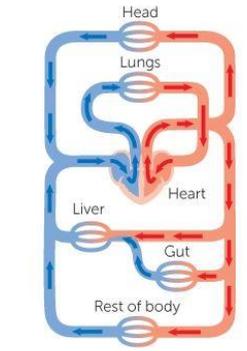


CIRCULATORY SYSTEM and HEALTHY LIFESTYLES – Knowledge Organiser Year 6 Autumn 1

Vocabulary		Effect of lifestyle on the health of the body	Circulatory System
function	A job or role	<p>The lifestyle choices we make can have an impact on the health of our body, some choices have a positive effect whereas others have a negative effect.</p> <ul style="list-style-type: none"> <li>• Exercise increases the heart rate as more oxygen must be pumped to the muscles to help to release energy.</li> <li>• Exercise increases fitness (building stamina and strengthening muscles).</li> <li>• A balanced diet improves health by providing the right amount of each nutrient group whilst cutting down on harmful food groups (e.g. fats which clog arteries and veins, preventing efficient blood flow).</li> <li>• Drugs can be beneficial (e.g. prescribed medicines) or harmful (e.g. alcohol, tobacco, heroine).</li> <li>• Some drugs are addictive.</li> <li>• Medicinal drugs can be harmful if misused.</li> </ul>	 <p> <span style="color: blue;">→</span> Blood carrying carbon dioxide in veins  <span style="color: red;">→</span> Blood carrying oxygen in arteries                 </p> <p style="text-align: right; font-size: small;">Cancer Research UK</p> <ol style="list-style-type: none"> <li>1. Blood is pumped from the heart to the lungs to collect oxygen.</li> <li>2. Blood is transported back to the heart.</li> <li>3. Blood is pumped around the body in arteries, carrying oxygen and dissolved nutrients.</li> <li>4. Some blood passes by the small intestine (gut) where it collects more dissolved nutrients.</li> <li>5. After depositing oxygen around the body (particularly at the muscles), blood returns to the heart in veins.</li> <li>6. Blood is pumped to the lungs once again to collect oxygen and to breathe out carbon dioxide and the cycle continues.</li> </ol>
organ	A part of the body that has a particular function or set of functions.		
heart	Organ made up of a special muscle that beats. Pumps blood around the body. Protected by the rib cage.		
blood	A liquid carried by blood vessels around the body, has many functions including transport of gases and nutrients.		
blood vessels	A tube through which blood is transported around the body.		
artery	A blood vessel that carries blood away from the heart.		
vein	A blood vessel that carries blood back to the heart.		
circulate	To move along a closed system.		
circulatory system	The system that transports blood through the body. Consists of the heart and the blood vessels.		
oxygen	A gas that we breathe in through the lungs. Carried by blood all around the body where it is needed to produce energy (especially in the muscles).		
carbon dioxide	A waste gas produced when the body generates energy. Carried by blood to the lungs where it is breathed out.		
oxygenated	To be full of oxygen.	William Harvey (1578 – 1657)	
deoxygenated	To have oxygen removed from it.	 <p>A scientist and doctor who first discovered and described, through experimentation, the human circulatory system and the role of the heart in pumping blood around the body.</p> <p>Famous quote: <b><i>"All we know is still infinitely less than all that remains unknown."</i></b></p>	
lungs	Organs that control the gases entering and leaving the body when we breathe. Protected by the rib cage.		
pulse	The regular beating of an artery caused by the beating of the heart.		
nutrients	Chemicals obtained from food that are beneficial to the body. Each nutrient has a particular function or set of functions to keep the body healthy.		
drugs	Chemicals that can have either harmful or beneficial effects on the body.		