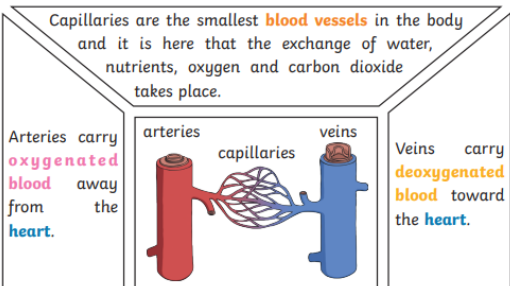


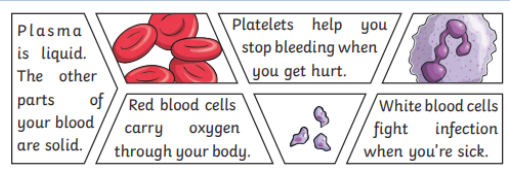


Science focus	Animals Including Humans	Year 6	Spring Term
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What? (Key Knowledge)

Key Processes

The heart	The heart pumps blood to the lungs to get oxygen. It then pumps this oxygenated blood around the body.
Oxygenated and deoxygenated blood	Mammals have hearts with four chambers. Blood that has come from the body is deoxygenated, and the blood that has come from the lungs is oxygenated again. The blood isn't actually red and blue: we just show it like that on a diagram.
Types of blood vessels	

What makes up your blood?	
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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.
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Benefits of exercise	Regular exercise: <ul style="list-style-type: none"> • 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; • strengthens bones. It can even help to stop us from getting ill.
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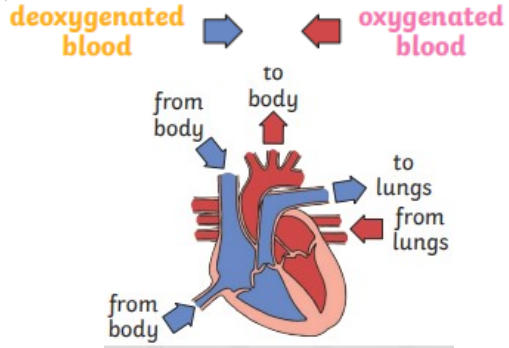
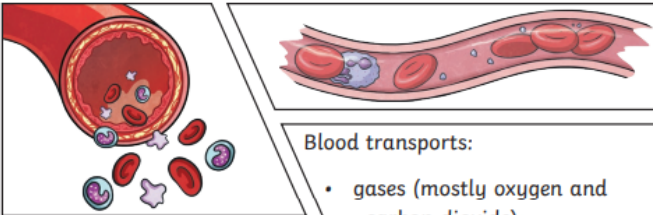
Healthy diet	A healthy diet involves eating the right types of nutrients in the right amounts.
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Healthy lifestyle	Drugs, alcohol and smoking have negative effects on the body.
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What? (Key Vocabulary)

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 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.

Diagrams and symbols

Blood transports:

- gases (mostly oxygen and carbon dioxide);
- **nutrients** (including water);
- waste products.

The liquid part of blood contains water and protein. This is called plasma.

Possible experiences

- Investigations with our own heart rates - link to PE and Maths (data presentation)