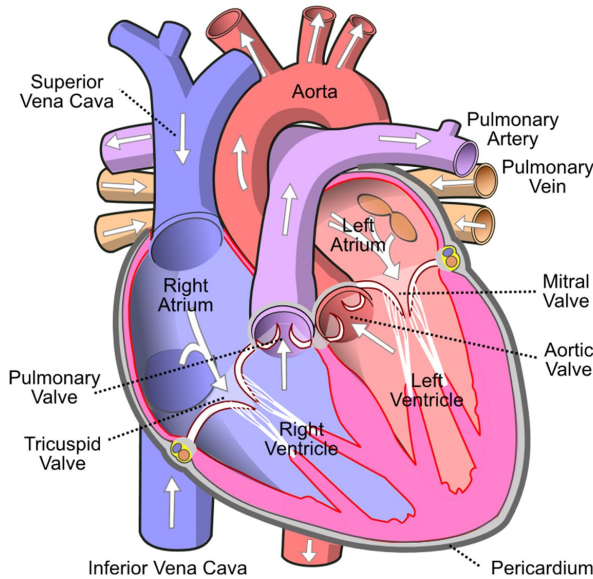


Year 6: Animals, including Humans

THE HEART & THE CIRCULATORY SYSTEM:



The heart and lungs are important organs for life and are protected by the ribcage.

Blood travels around the body, transporting nutrients that have been absorbed into the blood stream by digestion.

Blood also carries oxygen which is used to power the body. This use of oxygen to create energy is called respiration.

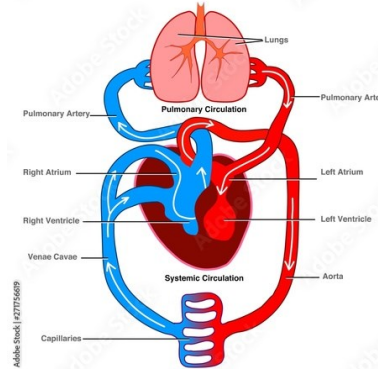
The heart beats pumping blood around the body.

Blood vessels carry the blood: arteries carry blood away from the heart, veins carry blood towards the heart; and capillaries are tiny blood vessels that connect arteries and veins.

When we exercise our heart beats more frequently so that the oxygen that is used around the body can be replenished.

It returns to a resting heart rate afterwards.

Fitter people tend to have lower resting heart rates.



DRUGS AND THE HUMAN BODY:

Drugs are chemicals that have an impact on the natural chemicals in a person's body.

Drugs can be both harmful or helpful, depending on what they are and how they are used.

All drugs can be harmful if they are overused, even if they are prescribed by a doctor.

There are many different types of drugs - these can be either legal or illegal.



Paracetamol and aspirin are examples of drugs that can be helpful as a painkiller.

Cannabis and cocaine are examples of illegal drugs that can have serious negative effects on the human body.

Alcohol and tobacco (cigarettes) are examples of drugs that are legal for adults to use by can have serious negative effects, such as liver disease and lung disease.

People should not take medication unless it is prescribed by a doctor or it is able to be bought over the counter at a supermarket or chemist.

Overuse of prescription drugs stops them from being effective against illness and infection.

KEY VOCABULARY



AORTA: the main artery through which blood leaves your heart before it flows through the rest of your body.



ARTERY: a tube in your body that carries oxygenated blood from your heart to the rest of your body.



ATRIUM: one of the chambers of the heart



BLOOD VESSELS: the narrow tubes through which blood flows. Arteries, veins and capillaries are blood vessels.



BODY: the physical structure, including the bones, flesh and organs, of a person or an animal.



CAPILLARY: tiny blood vessels in your body.



CARBON DIOXIDE: a gas produced by animals and people breathing out.



CIRCULATORY SYSTEM: the system responsible for circulating blood through the body that supplies nutrients and oxygen to the body and removes waste products such as carbon dioxide.



DEOXYGENATED: blood that does not contain oxygen.



HEART: the organ in your chest that pumps the blood around your body.



LUNGS: the organs in your chest that which fill with air when you breathe in. They oxygenate blood and remove carbon dioxide from it.



OXYGEN: a colourless gas that plants and animals need to survive



OXYGENATED: blood that contains oxygen



PULSE: the regular beating of blood through the body.



REPLENISHED: fill up again with oxygen



RESPIRATION : the process of breathing



RESTING HEART RATE: the rate at which your heart pumps when in a state of complete rest.



VEIN: a tube in your body that carries deoxygenated blood to your heart from the rest of your body.



VENA CAVA: a large vein through which deoxygenated blood reaches your heart from the body.



VENTRICLE: one of the chambers of the heart