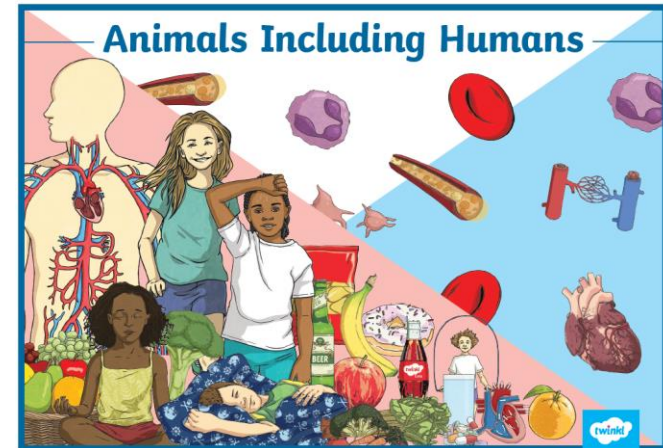
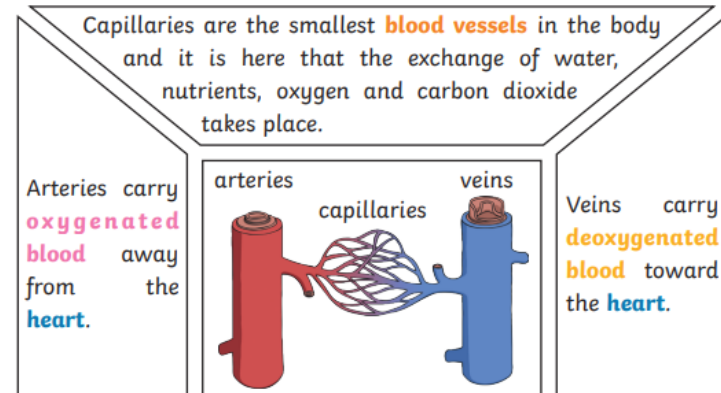
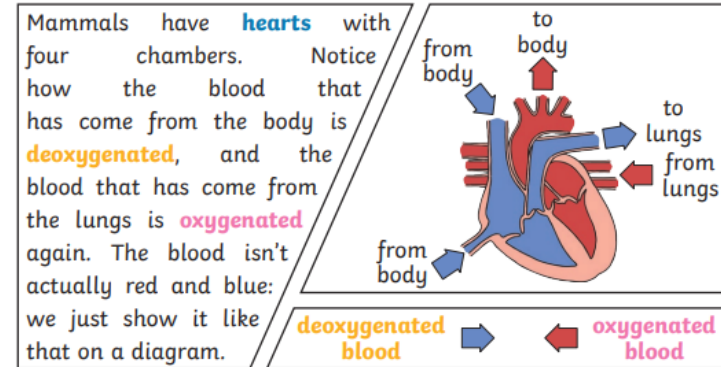


I can identify and name the main part of the human circulatory system	
I can describe the function of the heart, blood vessels and blood	
I can describe the ways nutrients and water are transported in animals including humans	
To describe the importance of exercise and how it affects the heart	
To describe the impact of drugs and alcohol on the way the body functions	

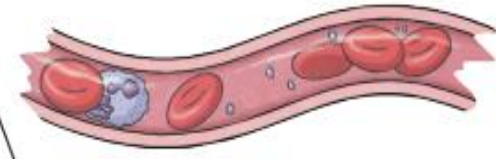


Key Vocabulary	
<b>circulatory system</b>	A system which includes the heart, veins, arteries and blood transporting substances around the body.
<b>heart</b>	An organ which constantly pumps blood around the <b>circulatory system</b> .
<b>blood vessels</b>	The tube-like structures that carry blood through the tissues and organs. Veins, arteries and capillaries are the three types of blood vessels.
<b>oxygenated blood</b>	<b>Oxygenated blood</b> has more oxygen. It is pumped from the <b>heart</b> to the rest of the body.
<b>deoxygenated blood</b>	<b>Deoxygenated blood</b> is blood where most of the oxygen has already been transferred to the rest of the body.



## Key Vocabulary

<b>drug</b>	A substance containing natural or man-made chemicals that has an effect on your body when it enters your system.
<b>alcohol</b>	A <b>drug</b> produced from grains, fruits or vegetables when they are put through a process called fermentation.
<b>nutrients</b>	Substances that animals need to stay alive and healthy.



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

Blood transports:

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

Plasma is liquid. The other parts of your blood are solid.



Platelets help you stop bleeding when you get hurt.



Red blood cells carry oxygen through your body.



White blood cells fight infection when you're sick.

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

A healthy diet involves eating the right types of **nutrients** in the right amounts.



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;
- strengthens bones.

It can even help to stop us from getting ill.

