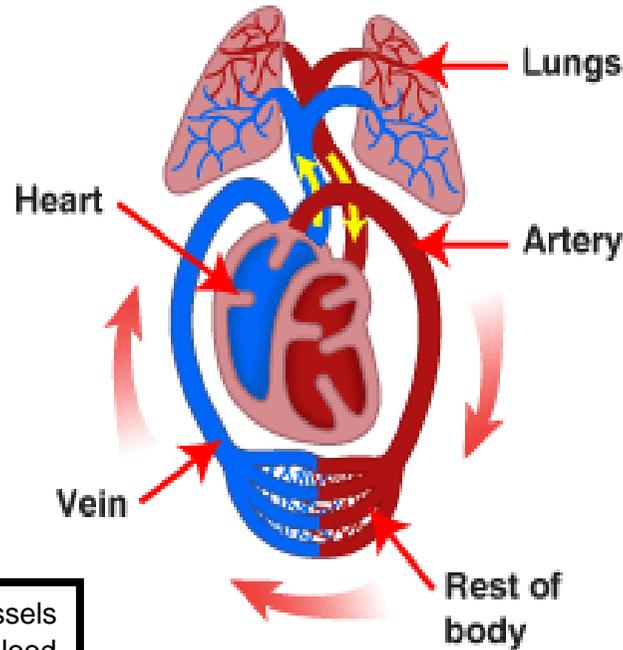


Animals including humans -

Year 6 - Science

Diet, exercise, drugs and lifestyle have an impact on the way our bodies function. They can affect how well our heart and lungs work, how likely we are to suffer from conditions such as diabetes, how clearly we think, and generally how fit and well we feel. Some conditions are caused by deficiencies in our diet e.g. lack of vitamins.

The heart pumps blood in the blood vessels around to the lungs. Oxygen goes into the blood and carbon dioxide is removed. The blood goes back to the heart and is then pumped around the body. Nutrients, water and oxygen are transported in the blood to the muscles and other parts of the body where they are needed. As they are used, they produce carbon dioxide and other waste products. Carbon dioxide is carried by the blood back to the heart and then the cycle starts again as it is transported back to the lungs to be removed from the body. This is the human circulatory system.



Working Scientifically:

Research – researching the affects vitamins have on the body and insufficiencies without them.

Pattern seeking – noting the pattern between exercising and heart rates.

Observing the pattern of how quickly heart rates return to their normal

Key Vocabulary

heart – a hollow muscular organ that pumps the blood through the circulatory system.

pulse – a rhythmical throbbing of the arteries as blood is propelled through them.

rate – the speed with which something moves or happens.

pumps – an instance of moving something.

blood – the red liquid that circulates in the arteries and veins of humans and other vertebrate animals.

blood vessels – a tubular structure carrying blood through the tissues and organs.

transported – take or carry from one place to another.

lungs – each of the pair of organs situated within the ribcage.

oxygen - a colourless, odourless reactive gas.

carbon dioxide – a colourless, odourless gas produced by respiration.

nutrients – a substance that provides nourishment essential for the maintenance of life and for growth.

muscles – a band or bundle of fibrous tissue in a human or animal body that has the ability to contract, producing movement in or maintaining the position of parts of the body.

cycle – a series of events that are regularly repeated in the same order.

circulatory system – the system that circulates blood and lymph through the body.

diet – the kinds of food that a person, animal, or community habitually eats.

exercise – activity requiring physical effort, carried out to sustain or improve health and fitness.

drugs – a medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body.

lifestyle - the way in which a person lives.