



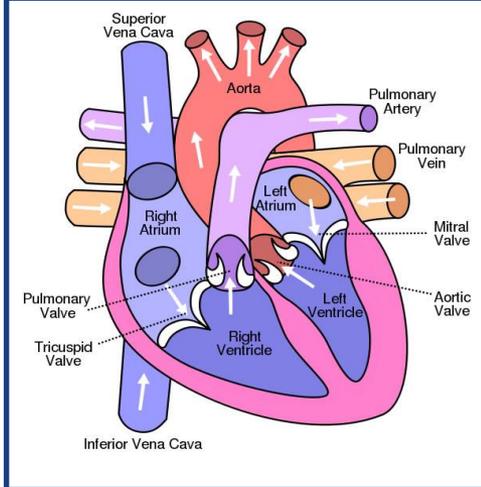
ST. ALBAN'S
CATHOLIC PRIMARY SCHOOL
LEAD THE WAY

Yr 6 Science: Animals including humans



The Circulatory System

aorta	the main artery through which blood leaves your heart before it flows through the rest of your body.
arteries	a tube in your body that carries oxygenated blood from your heart to the rest of your body.
atrium	one of the chambers in the heart blood.
vessels	the narrow tubes through which your blood flows. Arteries, veins and capillaries are blood vessels.
capillaries	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.
oxygen	a colourless gas that plants and animals need to survive oxygenated blood that contains oxygen.
lungs	two organs inside your chest which fill with air when you breathe in. They oxygenate the blood and remove carbon dioxide from it.
organ	a part of your body that has a particular purpose.
pulse	the regular beating of blood through your body. How fast or slow your pulse is depends on the activity you are doing.
respiration	process of respiring; breathing ; inhaling and exhaling air.
veins	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 in the heart.



Choices that can harm the circulatory system

- Some choices, such as smoking can drinking alcohol can be harmful to our health
- Tobacco can cause short-term effects such as shortness of breath, difficulty sleeping and loss of taste and longer-term effects such as lung disease

Why is exercise so important?

- Exercise can:
- Tone our muscles and reduce fat
- Increase fitness
- Make you feel physically and mentally healthier
- Strengthen the heart
- Improve lung function
- Improve skin