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# EBJ Knowledge Organiser Science Year 6

Autumn 1  
Healthy Bodies

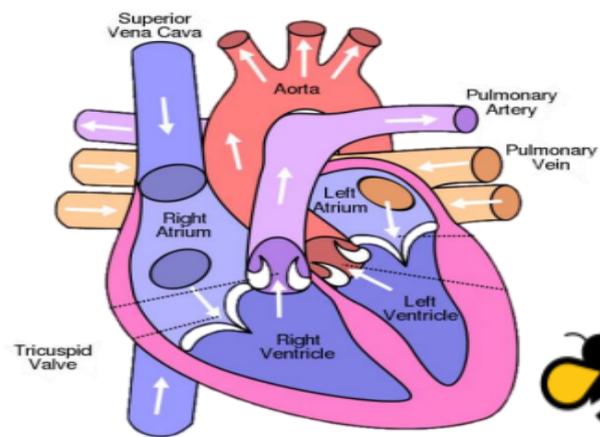
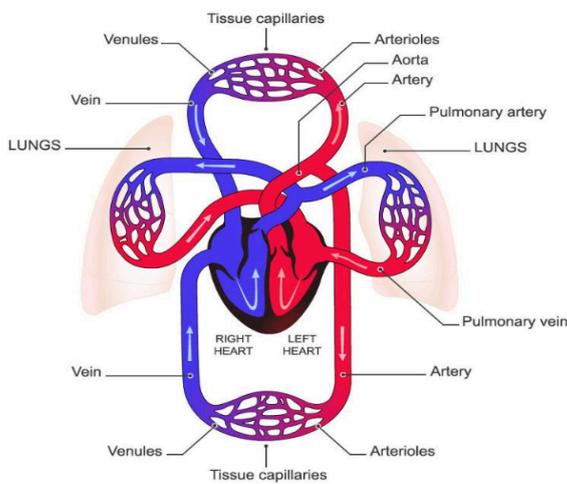


## Circulatory System

**CIRCULATORY SYSTEM** – is a group of organs and vessels which transport blood around the body.

The heart pumps blood to the lungs to get oxygen. The oxygenated blood is then pumped around the body. Arteries carry oxygenated blood away from the heart. Veins carry de- oxygenated blood towards the heart. The circulatory system is centred on the heart, an organ that works constantly to pump blood around the body.

The heart is made up of four sections, called chambers. There are two sides to the heart (right and left) each of which have an atrium (at the top) and a ventricle (at the bottom). The job of the 'atria' (the word for the two atriums) is to fill with the blood returning to the heart before pushing it to the ventricles. The left atrium receives blood from the lungs and the right atrium receives it from the rest of the body. The job of the ventricles is to push the blood out of the heart. The left ventricle pushes blood to the lungs and the right ventricle pushes blood to the rest of the body.



### Key vocabulary

Addiction, aorta, artery, atrium, blood, capillaries, carbon dioxide, circulatory system, de-oxygenated, exercise, hear, lungs, noctine, oxygen, oxygenated, pulse, respiration, vein, ventricles

### Key areas:

Read all about it. Can you find these books in the local library?



**Diet** -A healthy, balanced diet can have a huge effect on a person's health. People who eat the right balance of fresh, healthy foods are less prone to chronic illnesses and diseases. Carbohydrates are used by the body to create glucose, the body's main energy source. Fat is also helpful for energy, but too much fat in a person's diet causes them to gain weight. Protein helps to build and repair muscles, but too much can cause indigestion and intestinal problems.

**Exercise** -As we exercise, our muscles need more oxygen. So, we breathe quicker, helping our lungs to take in more oxygen. Our heart needs to pump blood more quickly to get all of the oxygen around the body. In order to do this, our heart rate increases. Regular exercise helps our bones and muscles to become stronger. It also helps the heart and lungs to become healthier.

**Drugs** -A drug is a chemical that has an effect on your body. Some drugs are prescribed by doctors to make people healthy. Other, illegal drugs can have a dangerous effect on our health. Alcohol is a depressant. Alcohol can cause damage to the liver and brain. Cigarettes contain nicotine, which is a stimulant, and is addictive. Cigarettes cause damage to the lungs and heart.



