

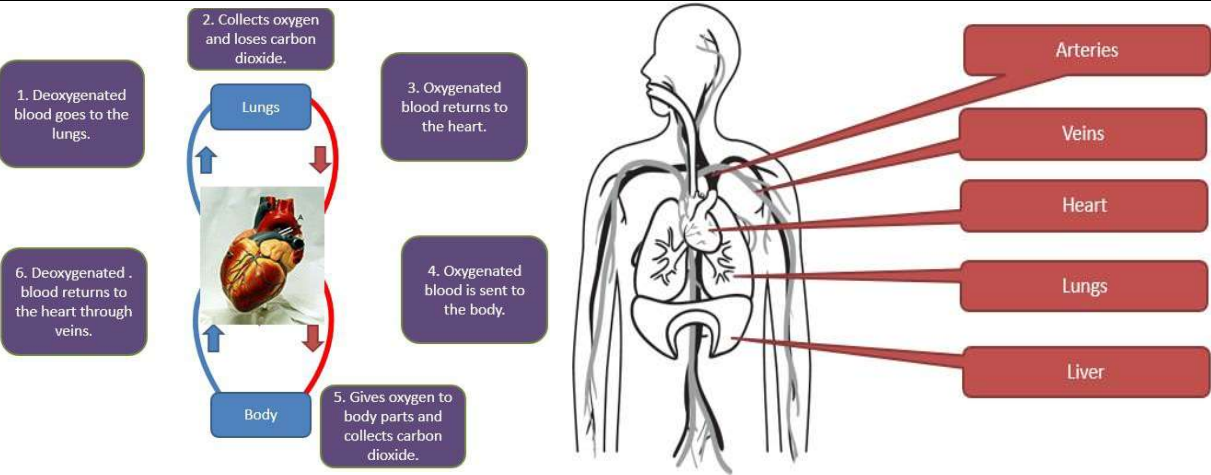
**Key Vocabulary**

Oxygenated	Contains oxygen.
Deoxygenated	Does not contain oxygen.
Heart	The organ constantly pumping blood around the body through the circulatory system
Circulatory system	A set of connected parts which are involved in keeping nutrients and oxygen moving around the body.

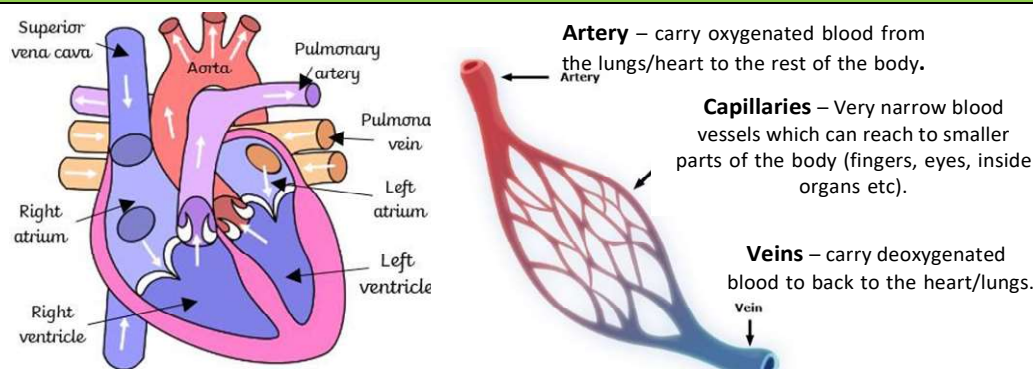
I can:

- identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood
- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function
- describe the ways in which nutrients and water are transported within animals, including humans.

**Circulatory system**



**Heart and blood vessels**



**Blood vessels and blood**

**Red blood cells:**  
Carry oxygen around the body.

**White blood cell :**  
Fight infection and disease when you're ill.

**Platelets:** Help your blood to thicken when you cut your skin.

- Liquid part of blood is called plasma (contains water and protein).
- Blood transports gases, nutrients and waste products.

**What to avoid... smoking, drugs and alcohol**



- Smoking and drinking alcohol both have negative effects on the body, often stopping parts of the circulatory system from working properly.
- Taking too much or the wrong medicine can also have very bad effects on the body.




**Exercise**

To stay healthy, it is **very** important to have regular exercise.

- Keep muscles (including the heart) strong.
- Improve blood flow around the body.
- Send more oxygen around the body
- Help you sleep better.
- Keeps bones strong.
- Can sometime help the body stay strong enough to stop catching illnesses.



**Qui  
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Question 1	Question 2
<p>What name is given to the very narrow blood vessels which can reach to smaller parts of the body such as the eyes?</p> <p>a) Arteries</p> <p>b) Capillaries</p> <p>c) Veins</p> <p>d) Ventricles</p>	<p>Which part of the blood is this an image of?</p> <p>a) White blood cells</p> <p>b) Red blood cells</p> <p>c) Plasma</p> <p>d) Platelets</p> 
Question 3	Question 4
<p>Which part of the blood is this an image of?</p> <p>a) White blood cells</p> <p>b) Red blood cells</p> <p>c) Plasma</p> <p>d) Platelets</p> 	<p>Which part of the blood is this an image of?</p> <p>a) White blood cells</p> <p>b) Red blood cells</p> <p>c) Plasma</p> <p>d) Platelets</p> 
Question 5	Question 6
<p>Which type of blood vessel carries oxygenated blood around the body?</p> <p>a) Arteries</p> <p>b) Capillaries</p> <p>c) Veins</p> <p>d) Ventricles</p>	<p>Which type of blood vessel carries oxygenated blood around the body?</p> <p>a) Arteries</p> <p>b) Capillaries</p> <p>c) Veins</p> <p>d) Ventricles</p>

Please also refer to year 3 (animals, including humans), year 4 (animals, including humans) and year 5 (animals, including humans).