



## Year 6 - Circulatory System

### Key vocabulary

<b>aorta</b>	The largest artery supplying oxygenated blood to the rest of the body.
<b>atria</b>	The plural of 'atrium'. The upper chambers of the heart.
<b>carbon dioxide</b>	A colourless gas produced by animals and people breathing out.
<b>cardiovascular</b>	Relating to the heart and blood vessels.
<b>deoxygenated</b>	To be depleted of oxygen.
<b>heart</b>	The muscular organ in your chest that pumps the blood around your body.
<b>lungs</b>	The two spongy organs inside your chest which fill with air when you breathe in. They remove carbon dioxide from blood and add oxygen.
<b>oxygen</b>	A colourless gas that exists in large quantities in the air. All plants and animals need oxygen in order to live.
<b>oxygenated</b>	To be enriched with oxygen.
<b>pulmonary</b>	Relating to the lungs.
<b>valves</b>	Found between the atria and ventricles they open and close to allow the blood to flow through the heart.
<b>ventricles</b>	The lower chambers of the heart.

### Keeping healthy

Diet, exercise, drugs and other lifestyle choices can affect how well our heart and lungs work. Some choices, such as smoking and drinking, are harmful to our healthy.

Regular exercise;

- strengthens muscles including the heart muscle
- Improves circulation
- Increase the amount of oxygen around the body
- Helps you sleep more easily
- Strengthens bones
- Releases brain chemicals which help you feel calm and relaxed.

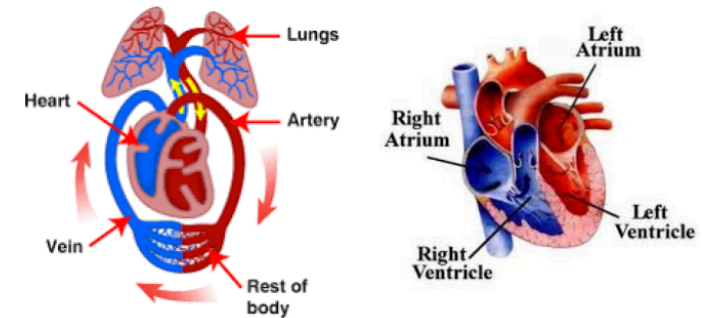
### Cardiovascular Diseases

<b>Anaemia</b>	The body does not have enough red blood cells, so doesn't carry enough oxygen therefore making us feel weak and tired.
<b>Sickle cell anaemia</b>	When red blood cells are shaped like a banana. They clump together and get stuck in blood vessels causing pain and swelling. The blockages can also prevent white blood cells getting to infection.
<b>Haemophilia</b>	When blood cannot clot properly.
<b>Leukaemia</b>	A type of cancer that affects white blood cells

## Biology

### The Heart and Circulatory system

The circulatory system transports nutrients and water in the blood to all the parts of the body that need them. These nutrients provide us with energy.



### Blood vessels

Arteries carry oxygenated blood away from the heart.

Capillaries transfer oxygen from the blood stream to other tissues in the body.

Veins carry deoxygenated blood back to the heart.

