



# Year 6 - Human Body Systems

## Biology

### Key vocabulary

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

### Keeping healthy

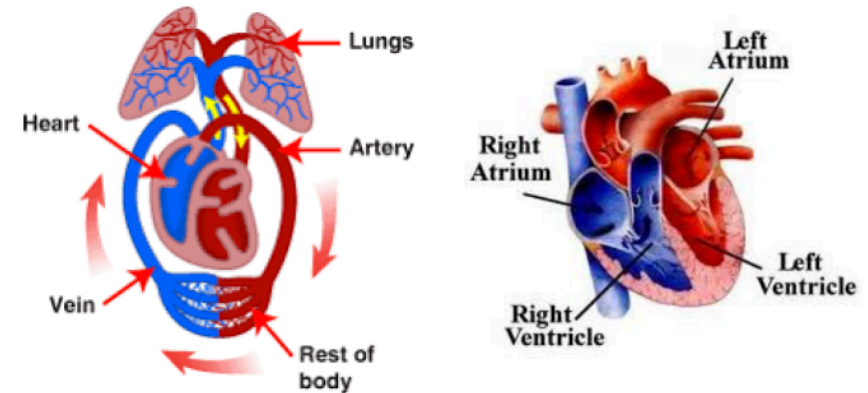
Diet, exercise, drugs and other lifestyle choices have an impact on how our bodies function. This can affect how well our heart and lungs work and how fit and well we feel. Some choices, such as smoking and drinking, are harmful to our healthy.

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.

### 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.

