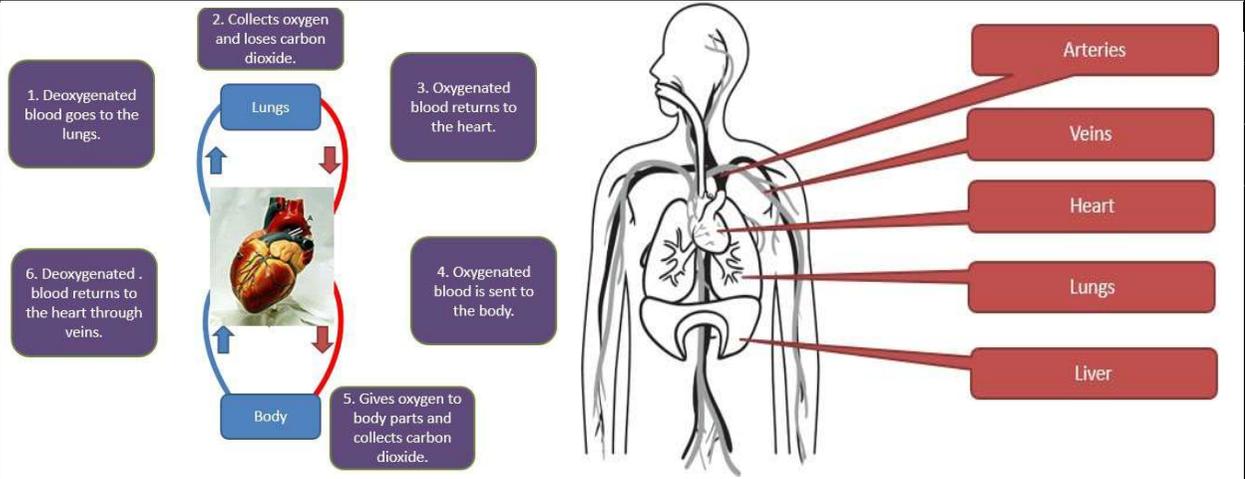


**Key Vocabulary**

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.

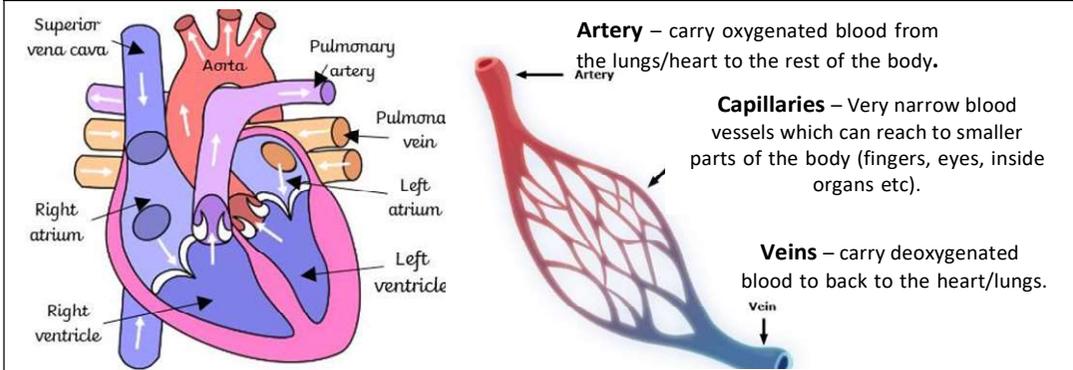
**Circulatory system**



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.

**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  
z**

**Question 1**

What name is given to the very narrow blood vessels which can reach to smaller parts of the body such as the eyes?

- a) Arteries
- b) Capillaries
- c) Veins
- d) Ventricles

**Question 2**

Which part of the blood is this an image of?

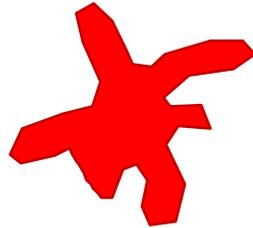
- a) White blood cells
- b) Red blood cells
- c) Plasma
- d) Platelets



**Question 3**

Which part of the blood is this an image of?

- a) White blood cells
- b) Red blood cells
- c) Plasma
- d) Platelets



**Question 4**

Which part of the blood is this an image of?

- a) White blood cells
- b) Red blood cells
- c) Plasma
- d) Platelets



**Question 5**

Which type of blood vessel carries oxygenated blood around the body?

- a) Arteries
- b) Capillaries
- c) Veins
- d) Ventricles

**Question 6**

Which type of blood vessel carries oxygenated blood around the body?

- a) Arteries
- b) Capillaries
- c) Veins
- d) Ventricles

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