

What have I previously learned?

- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene. (Y2 - Animals, including humans)
- Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat. (Y3 - Animals, including humans)
- Describe the simple functions of the basic parts of the digestive system in humans. (Y4 - Animals, including humans)
- Identify the different types of teeth in humans and their simple functions. (Y4 - Animals, including humans)

Sticky Knowledge:

The heart pumps blood in the blood vessels around to the lungs. Oxygen goes into the blood and carbon dioxide is removed. The blood goes back to the heart and is then pumped around the body. Nutrients, water and oxygen are transported in the blood to the muscles and other parts of the body where they are needed. As they are used, they produce carbon dioxide and other waste products. Carbon dioxide is carried by the blood back to the heart and then the cycle starts again as it is transported back to the lungs to be removed from the body. This is the human circulatory system.

Diet, exercise, drugs and lifestyle have an impact on the way our bodies function. They can affect how well our heart and lungs work, how likely we are to suffer from conditions such as diabetes, how clearly we think, and generally how fit and well we feel. Some conditions are caused by deficiencies in our diet e.g. lack of vitamins.

Vocabulary - Goldilocks words

Word	Definition
Heart	The organ that pumps blood through the body of a person or animal.
Pulse	A rhythmical throbbing of the arteries as blood is propelled through them, typically as felt in the wrists or neck.
Lungs	A pair of organs the body that draws in air, allowing oxygen to pass into the blood and carbon dioxide to be removed.
Exercise	Activity requiring physical effort, carried out to sustain or improve health and fitness.
Diet	The kinds of food that a person or animal habitually eats.
Drugs	A medicine or other substance, which has can change the way a person feels or behaves, when ingested or otherwise introduced into the body.

Prompts to help me in my learning:

[The circulatory system - BBC Bitesize](#)

[The effects of diet, exercise and drugs - BBC Bitesize](#)

The Human Circulatory System

