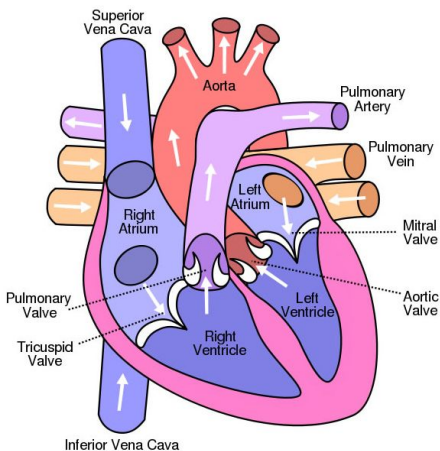


# Year 6 Science knowledge organiser

## Animals including humans

### Key Knowledge

- The circulatory system is made up of three main parts: heart, blood vessels and blood.
- The function of the system is to deliver oxygen, nutrients and water throughout the body. It also removes waste such as carbon dioxide.
- The heart pumps blood all around the body - it travels through the heart via veins and arteries.
- Blood is very useful and carries a huge amount - importantly oxygen and sugars around the body. It also picks up waste carbon dioxide.
- Sleep - it is essential your body has enough time to rest. As children (and soon to be teenagers), your body needs between 10-11 hours rest.
- Exercising regularly. You should aim for 30 minutes a day.
- Drinking enough water - 2 litres a day!
- Healthy diet - avoiding junk foods and eating lots of fruit and vegetables. High fats can cause veins and arteries to become clogged.
- Smoking can lead to tar build up in the lungs, and can damage healthy lungs.



**What to talk to your child about:**

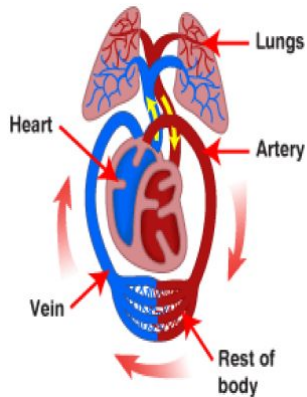
**What are the three main parts of the circulatory system called?**

**What job does the circulatory system have?**

**What is the difference between a vein and an artery?**

**Which parts of the heart can you name? Do you know their jobs?**

**How do you keep your heart healthy?**



### **Vocabulary**

aorta	The main <b>artery</b> through which blood leaves your <b>heart</b> before it flows through the rest of your body
arteries	a tube in your body that carries <b>oxygenated</b> blood from your <b>heart</b> to the rest of your body
atrium	one of the chambers in the <b>heart</b>
Blood vessels	the narrow tubes through which your blood flows. <b>Arteries, veins and capillaries</b> are <b>blood vessels</b> .
deoxygenated	blood that does not contain <b>oxygen</b>
heart	the <b>organ</b> in your chest that <b>pumps</b> the blood around your body
lungs	two <b>organs</b> inside your chest which fill with air when you breathe in. They <b>oxygenate</b> the blood and remove <b>carbon dioxide</b> from it.
oxygenated	blood that contains <b>oxygen</b>
pulse	the regular beating of blood through your body.
respiration	process of respiring; breathing ; inhaling and exhaling air.
veins	a tube in your body that carries deoxygenated blood to your heart from the rest of your body
Vena cava	a large vein through which <b>deoxygenated</b> blood reaches your <b>heart</b> from the body
ventilation	The exchange of air between the lungs and the atmosphere so that <b>oxygen</b> can be exchanged for <b>carbon dioxide</b>
ventricle	one of the chambers in the <b>heart</b>